DR. SEBI
RESEARCH CENTER

THE DR. SEBI DIET COOKBOOK

A HEALING JOURNEY

100 Flavorful Recipes and 10-Day Smoothies Detox Plan to Lose Weight Naturally, Jumpstart the Metabolism, and Revitalize Yourself through Plant-Based Alkaline Diet

The Dr. Sebi Diet • A Healing Journey

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Table of Contents

INTRODUCTION
CHAPTER 1 • Benefits of Dr. Sebi's Medicine
CHAPTER 2 • How to Fast Properly with Dr. Sebi Diet
CHAPTER 3 • Downsides of the Dr. Sebi Diet
CHAPTER 4 • Transition to Alkaline Diet
CHAPTER 5 • Dr Sebi Approved Food Lists and Prohibited food
CHAPTER 6 • Breakfast Recipes
1. Banana Barley Porridge
2. Zucchini Muffins
3. Millet Porridge
4. Jackfruit Vegetable Fry
5. Zucchini Pancakes
6. Squash Hash
7. Hemp Seed Porridge
8. Veggie Medley
9. Pumpkin Spice Quinoa
10. Zucchini Home Fries
11. Blackberry Pie
12. Figs & Ginger Fruit Compote
13. Lime & Mint Summer Fruit Salad
14. Dr. Sebi Granola
15. Vegetable Pancakes
16. Turnip Bowl
17. Hempseed Milk
18. Apple Pie Recipe
19. Donuts Recipe
20. Pizza Crust
21. Dr. Sebi Hot Sauce Recipe

CHAPTER 7 • Lunch Recipes
22. Cheesy Spinach Bake
23. Fakeachini Alfredo
24. Cheesy Cauliflower Mac 'N' Cheese
25. Margherita Pizza
26. Creamy Onion Soup
27. Basil Zucchinis and Eggplants
28. Alkaline-Electric Ice Cream
29. Nori-burritos
30. Detox Smoothie for lunch

31. Lunch Salad
32. Berry Sorbet for lunch
33. Chickpea Burger
34. Alkaline Flatbread
CHAPTER 8 • Dinner Recipes
35. Strawberry Daiquiri
36. Diabetic Virgin White Sangria
37. Wow Cola Chicken
38. Yummy Berry Cooler
39. Low Carb Sweet and Sour Chicken
40. Warm Apple Delight
41. Orange Dream Cake
42. Capriosa De Fresca
43. Delicious Low-Cal Smoothie
44. Diabetic Mock Sangria
45. Berries Salad with Whipped Ricotta Cream
46. Seitan Tex-Mex Casserole
47. Mushroom, Spinach and Turmeric Frittata
48. Roasted Root Vegetables
49. Tropical Fruit Parfait
50. Cinnamon Chips with Avocado-Strawberry Salsa
51. Stir Fried Brussels sprouts and Carrots
52. Curried Veggies and Poached Eggs
53. Braised Kale
54. Braised Leeks, Cauliflower and Artichoke Hearts
55. Celery Root Hash Browns
56. Magic Green Falafels
57. Zucchini Pasta with Avocado Sauce
58. Zucchini Garlic Fries
59. Avocado Coconut Pie
CHAPTER 9 • Smoothies and Beverages
SMOOTHIE 10-DAYS DETOX-PLANS
60. Fruity Smoothie
61. Energizing Ginger Detox Tonic
62. Warm Spiced Lemon Drink
63. Soothing Ginger Tea Drink
64. Nice Spiced Cherry Cider
65. Fragrant Spiced Coffee
66. Tangy Spiced Cranberry Drink
67. Warm Pomegranate Punch
68. Rich Truffle Hot Chocolate
69. Ultimate Mulled Wine
70. Pleasant Lemonade
71. Pineapple, Banana & Spinach Smoothie
72. Kale & Avocado Smoothie
73. Coconut & Strawberry Smoothie
74. Pumpkin Chia Smoothie
75. Cantaloupe Smoothie Bowl

76. Berry & Cauliflower Smoothie
77. Green Mango Smoothie
78. Chia Seed Smoothie
79. Mango Smoothie
CHAPTER 10 • Desserts and Snacks
80. Chickpeas Salad
81. Quinoa and Beans
82. Cucumber and Green Onions Salad
83. Barley and Kale
84. Fancy Coconut Date Bars for a Lovely Evening
85. Vegan Coconut Whipped Cream
86. Tharp She' Salts Peanut Butter Cookies
87. A Snowy "Frozen" Salad Bowl
88. Warm Mushroom and Orange Pepper Salad
89. Broccoli, Kelp, and Feta Salad
90. Roasted Asparagus with Feta Cheese Salad
91. Fresh Veggie Salad
92. Strawberry Salad
93. Tex Mex Black Bean and Avocado Salad
94. Lentil Fattoush Salad
95. Sweet Potato Salad
96. Lentil Salad with Spinach and Pomegranate
97. Broccoli Salad Curry Dressing
98. Age Old Poached Pears
99. A Pineapple "Sherbet" If You Please
100. Very Rough and Tough Fried Apple
CONCLUSION

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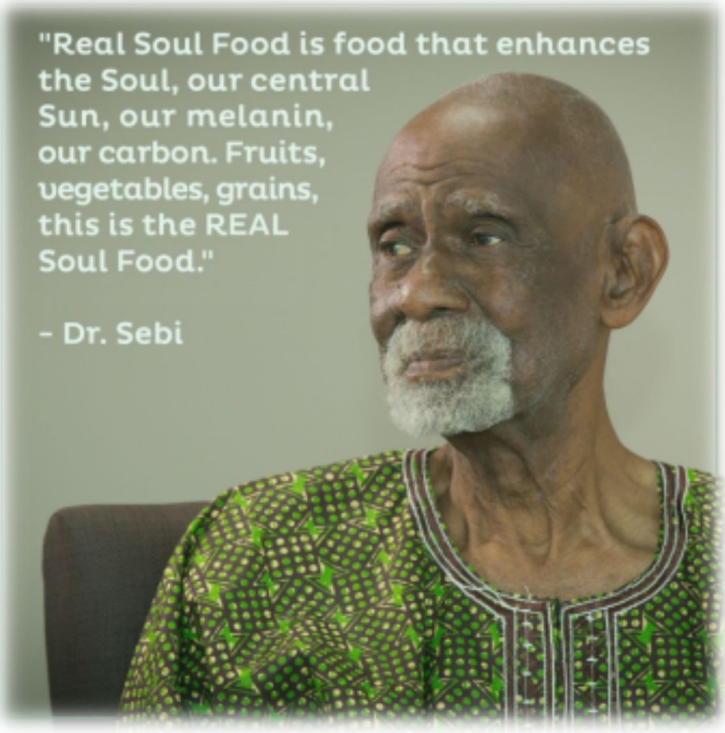
INTRODUCTION


"Real Soul Food is food that enhances the Soul, our central Sun, our melanin, our carbon. Fruits, vegetables, grains, this is the REAL Soul Food."
- Dr. Sebi

Alfredo Darrington Bowman, also known as Doctor Sebi, was a Honduran herbalist, pathologist, naturalist, and biochemist. He studied and observed different herbs in Africa, South and Central America, the Caribbean, and North America. After many years of empirical research and experience, he developed a unique methodology for curing the human body with herbs and a specialized diet.

This diet is called the Doctor Sebi Diet. The Doctor Sebi Diet has helped many people suffering from chronic diseases feel better without taking pills. Doctor Sebi developed the diet for those who wish to prevent or cure disease naturally and improve their health without relying on standard Western medicine.

He claimed that plant-based meals had the potential to help people prevent diseases, and they could serve as treatment plans for chronic medical conditions such as diabetes. The diet is based on vegetables and other plants that are able to create an alkaline environment in the body.

Doctor Sebi believed that high acidity levels promote pathogen development and create an environment that fosters the creation of disease-causing mucus. For instance, pneumonia is caused by mucus accumulation in the lungs, while diabetes is a result of excess mucus in the pancreas.

This diet reduces drastically the contamination of the body and encourages an overall wellbeing. If you decide to follow this life-changing diet, you will not also develop better and safer eating strategies, but curb the occurence of other typical chronic diseases.

If you need to lose weight, this diet motivates you to do it easily and reliably. But it is not about losing weight, but rather itt's about improving the strength and endurance that everyone needs.

There is more to the alkaline diet than meets the eye. A few short sentences are not enough to detail everything you need to know about it. This is why, in this book, we are going to explore in details the claims made by Dr. Sebi and the scientifical basis of his diet.

This book also presents the original Dr. Sebi recipes to plan all your meals, including the different ingredients and the steps involved in the preparation of the meal. You will always have a wide choice of yummy recipes to pick from for every meal, so that you will spend less time brainstorming on what to eat, and make it easier to adhere to the alkaline healthy living lifestyle.

CHAPTER 1

Benefits of Dr. Sebi’s Medicine

Reduce the risk of hypertension and stroke
A great benefit of eating an alkaline diet is the reduction of the risk of stroke and hypertension an individual is prone to have. A typical alkaline diet has an anti-aging effect. A robust result of the anti-aging effects is that it drastically reduces inflammation and fosters the growth of hormone production. This has been verified to help in the improvement of cardiovascular health and giving the body defense against typical health challenges like hypertension, high cholesterol, stroke, kidney stones, and possible memory loss.

Reduce chronic pain and inflammation
There is a correlation between alkaline diets and a drastic reduction in levels of chronic pain. Chronic acidosis is dangerous to the human health system. It is the primary cause of headaches, chronic back pain, joint pain, inflammation, menstrual symptoms, and muscle spasms.
Several studies show the health benefits of an alkaline diet for patients suffering from chronic pains. A study conducted showed that there was a significant level of decrease in the pain experienced by patients suffering from chronic back pain when they were given supplements containing alkaline daily for four weeks.

Give protection to bone density and muscle mass
Taking minerals into your body system plays a significant role in maintaining and developing the bones in your body. Research has proven beyond the shadow of a doubt that the more alkaline-rich fruits and vegetables you take regularly, the better you get protected from experiencing reduced bone muscle and strength known as Sarcopenia.

What an alkaline diet does when you take it is to help in balancing the ratios of the various minerals in the body necessary for the bone-building and the maintenance of a lean muscle mass. The minerals that an alkaline diet balances are Phosphate, Magnesium, and Calcium. Another benefit of an alkaline diet in this regard is the improvement in the production of vitamin D absorption and growth hormones, which helps in further protecting the bones and fighting against many chronic diseases.

Weight loss

This diet was not made with weight loss in mind, but because it is extremely restrictive, you will see weight loss. Also, one of the main reasons that this diet is effective in reducing weight is that it makes people stop consuming Western foods, which are highly caloric, oily, and sugary. Weight loss occurs when you eat less or equal amounts of calories that you can burn. If you follow this diet, which is low in sugar, fat, and processed foods, you can get your perfect body.

Improves kidney function

Acidic diets mostly affect the health of the kidneys and damages the layers inside the organ system. To promote kidney health, the pH of the urine mustn't be acidic. By consuming a lot of alkaline food and removing acidic foods from our daily routine, we can reach this pH in which our kidneys remain safe and healthy. Alkaline diets do not affect the pH of the blood, but it can significantly affect the urine. Drinking a lot of water alongside this diet can improve kidneys even more. If you're suffering from any chronic kidney disease, then you should know that this diet is not targeted for you. You can follow the diet after consulting your doctor first.

Reduces the risk of cancer

There are almost no significant studies that show that an alkaline diet leads to decreased cases of cancer. However, there have been studies that show that if a person were to eat less meat and increase their consumption of fresh fruits and vegetables, then that person is at a lower risk of cancer. Also, another study showed that having more vitamins, like vitamin C, in your diet can prevent cancer. Generally, eating more fruits and vegetables and consuming less high fatty and sugary foods leads to a reduction in developing cancer.

Reduces the risk of heart disease

Heart disease is the major cause of death in the world. It is mainly caused by eating lots of fat and oily foods, which results in the development of plaque and blockage of arteries. In this diet, the consumption of fats goes down significantly, decreasing the chances of developing heart disease. It has also been shown that growth hormones are related to decreased rates of heart disease. An alkaline diet increases the levels of growth hormones, so, in turn, it decreases heart disease as well.

Reduces the risk of muscle degradation

When we grow old or stop using our muscles, we tend to increase muscle loss. However, there was a study conducted in 2013 showing that people who follow the alkaline diet could decrease muscle degradation. The diet is low in red meat, so there is a risk of decreasing muscle mass and strength.

Increases intestinal health

With the addition of whole grains, there is a list of nuts and seeds that you can eat on this diet. It contributes to an increase in fiber intake, which increases the health of small and large intestines. It helps manage regular bowel movements, which reduces the risk of developing many diseases.

Decreases the harmful effects of processed foods

Processed foods have been linked to increased sugar intake and fat content. They also contain lots of calories but have very low nutritional value. Many additives and preservatives that have no purpose in our body are eliminated from our diets if we strictly avoid processed foods.

It helps the brain

The growth hormone is not only related to a better heart condition but also helps manage the health of the mind. It is related to an increase in memory and cognition. Eating a healthy diet rich in fruits and vegetables leads to better brain functioning.

It may improve back pain

Alkaline minerals are related to the reduction of back pain, but whether alkaline foods provide the same results has yet to be determined. There is a decent chance that the diet has similar effects.

Decreases the level of inflammation

Diets rich in fresh fruits and vegetables show a great decrease in oxidative stress and inflammation. This leads to less discomfort and fewer diseases developing in our bodies. Prevent deficiency in magnesium and increases vitamin absorption. Magnesium plays an essential role in the human body as an increase in its quantity is necessary for the proper functioning of all the enzymes and processes in the human body. Deficiency in magnesium content will result in headaches, anxiety, heart complications, muscle pains, and sleep troubles. Magnesium is also needed by the body in the activation of vitamin D and preventing Vitamin D deficiency, necessary for the functioning of the endocrine and overall body immunity.

Improving cancer protection and immune function

Minerals are needed by the body in disposing of waste or in oxygenating the body. But when there is a shortage of the required minerals in the cells, the body suffers. Vitamin absorption is zeroed off whenever there is a mineral loss in the body. Also, toxins and pathogens will pile up in the body, thereby weakening the immune system. But with alkaline diets, that cannot happen as research has proved that the death of cancerous cells happens more in an alkaline body. Alkaline diets will help in decreasing inflammation and the possible risks associated with dangerous diseases such as cancer.

Help you in maintaining a healthy balanced weight

When you eat more of alkaline diets, you are not just limiting the acidic content in your body but also protecting your body from the risks associated with obesity. This is possible as alkaline diets decrease the levels of Leptin and inflammation, which has a direct effect on your hunger and fat-burning capacities.

CHAPTER 2

How to Fast Properly with Dr. Sebi Diet

What Is Fasting?

The best way to safely fast is the question on the lips of many. Before we delve into that, there is a need to paint a clearer picture of what fasting is. Abstinence from food totally or partially for some reason is what is regarded as fasting. According to Dr. Alvenia Fulton, "The best juices are fresh juices made from your blender out of fresh fruits and vegetables, not from canned or frozen foods."

Before you fast;

#1. Fasting comes in two phases in order to cleanse your body effectively. Firstly, you have to cleanse your body with natural herbs for at least five days before embarking on the actual fasting.
#2. When you are ready for the fast, your body will give an indication of that, and the indication you are going to get is during the cleansing with herbs phase. When you start feeling hungry while cleansing is when you are truly ready to begin your fast. You should never fast when your body is not ready, if you feel hungry during a fast, you should eat.

Why should you fast

If you want to know how to correct your body's discomforts, fasting will fix your body and keep you younger. The best method of fasting is to clean the body until there is no more hunger. When there is no hunger, you can fast as long as you like. Fast until your appetite returns because it will disappear. The tongue will become white and soft; fast until the tongue turns red again, and fast until your breath and your body become sweet. The body will produce its own smell due to the removal of all the toxic waste in the body.

What fasting will do

You will look younger, feel younger, skin rejuvenated, and your hair and nails will be revitalized. Fasting will do all these things in your body. If you fast, your body will remain flexible, full of energy, and shine with vitality. This is what we all want, and nothing will do that better than cleansing and fasting. Nothing will do a better job at healing, developing, and relieving our body of waste and toxins if not for fasting (juice, vegetable, or water fasting).

What about Water fasting

Fasting with water is better because it will clean the body of toxic waste, heal the body of old dead cells that have been there for a long time. The best way to do this is to cleanse the body and then start the water fast. When you fast, you will find that your skin becomes resonant, young, and beautiful. Your hair, your eyes, and every gland in your body will respond to fasting.

This is what they all need, the intense cleansing that occurs from fasting. If you fast, your friends or people you know can say that you are killing yourself. But I did not listen to them; even during biblical days, people fasted for 21, 30, or 40 days, and no one died of fasting. The prophets, Jesus and the women of the Bible, fasted, and no one died for it. Queen Esther fasted and saved the children of Israel from extinction. Fasting is a way of life.

How to Prepare for Fasting

Your fasting should start with cleansing. Use different natural herbs for 3 to 5 days before starting your fast, be it a juice, a vegetable, or water fast. Take herbs first to remove some of the toxin and body waste. Most people have toxins that have been in their bodies since they were babies, so herbs are very important before any type of fasting. For example, the first time I tried fasting, on the 21st day, I could not get up quickly enough to go to the bathroom because I had a lot of toxins coming out of me

How long should you fast?

After cleaning the body with herbs, fast for 21 or 30 days until you no longer have a "coated" tongue, you no longer feel tired, weak, or nervous and you feel young again. The people around you are going to ask you what you are doing; you will look more youthful. Then, break the fast and begin again; if you cleanse the body quickly and adequately, you do not need to take drugs to do what you want. Male or female, your sex drive will continue to work well, and your hormones will work if they are cleansed and quickly.

Fast to Cleanse Toxins

You will come to the realization that what keeps us alive as humans are not food. What keeps us alive is getting rid of toxins and waste in our body. When we consume what nature has provided us with, and we fast to cleanse our body on top of that, our body and mind will change.

Our ancestors do not have prostate glands problems like the young men of nowadays. Our grandmothers as well, did not lose their youthful factor as it is in today's world. As a matter of fact, my great grandmother had twin babies at the age of 49, but this is unheard of in the 21st century despite all the medical discoveries. When we eat according to what nature has in store for us, we will stay healthy, live longer, and every pain in the body will vanish. Good health will ultimately triumph when we cleanse our body and stick to the right diet.

How Do You Break a Fast?

You are to break a fast exactly the way you started. By this, I mean, get a juice, warm it up and take that for 5 consecutive days. You will have more energy than you need. You won't feel hungry. If you jump right into taking steaks after an extensive fasting period, you will get sick.

That food will make you fall ill. You have to totally stop all those kinds of food as they cause body pains and ache. You did not come to this world to live a short life. There are so many ways to fast. The aim of this guide and information therein is to know the correct way for you to fast. In the end, this is all about choosing a fasting method that works well for you.

Foods During Fasting

Dr. Sebi has recommended foods that are easy to digest and ones that will push the body's performance to its peak.

Basically, fasting is abstinence from food, and this act greatly improves the elimination of waste materials from the body. Pollution, environmental toxins, synthetic medication, electrical radiation are all forms of things we take that can diminish our overall health. Fasting is a mechanism that speedily removes toxins like mucus, fecal waste, parasites, and phlegm from the body.

What Type Of Fasting Foods To Eat

The world-renowned doctor, Dr. Sebi, recommends that if you have to eat during a fast for medical reasons, you must know the right combinations of food to eat that will further aid the elimination of wastes and toxins. It is more advantageous to eat natural alkaline fruits, vegetables, and freshly made juices from these fruits.

#1 To provide the elements that your body needs during a fast, there is a need to eat foods that are rich in minerals and can be easily broken down and digested by the body. This diet will ensure that your body has excess energy to expel waste materials before beginning its healing process.

Dr. Sebi Fasting Foods Checklist

Here are the benefits of Dr. Sebi's fasting food; these are the benefits to your body when you eat the recommended fasting foods. Natural foods all contain 92 minerals found in the soil of the earth, 27 of which are found and play an important role in the human body to restore good health and bring our body back to its original state of health. These foods contain the following benefits that are essential for the optimal and proper functioning of the body.

The fasting foods provide:

- Alkalinity
- Iron, calcium, magnesium, copper, zinc, and many other minerals

- Expel mucus
- Easy to digest, assimilate, and used by the body
- They flush out the body and detox harmful wastes
- Neutralize the body's PH balance
- Restore the body overall good health
- Get rid of toxins

The Fasting Foods to Eat

Fruits:

- Seeded melons
- Mangoes
- All types of berries
- Papaya and many more

Vegetables to Eat During Fasting

If you have to eat during your fast for medical reasons or any other situation you are in.

These vegetables are ideal for consumption because of their ability to help the body expel mucus or toxins due to their high mineral content:

- Dandelion leaves
- Green leafy vegetables
- Kale

CHAPTER 3

Downsides of the Dr. Sebi Diet

While Dr. Sebi diet is very helpful in improving one's health and can improve the quality of life of people, there can be a few downsides or cons to following the Dr. Sebi diet to the letter.

Restricted food intake

The Dr. Sebi diet is a modified vegan diet with supplement requirements, in essence. However, while vegan diets already tend to be very restrictive, the Dr. Sebi diet goes even further and has a lot more restrictions.

Not only are adherents required to avoid animal products altogether and rely wholly on plant-based foods like other vegans, but there are also further more specific restrictions. Standard vegan diets, for example, allow any fruit and simply set limits on consumption amounts.

The Dr. Sebi diet, however, goes as far as to bar one from eating certain types of fruit, such as Roma tomatoes or beefsteak tomatoes being restricted, while cherry and plum tomatoes are permitted.

This may lead to certain difficulties when adhering to the diet, as it has been shown that strict diets are more difficult to follow. As such, if one finds it difficult or impossible to follow the diet, then they will not be able to benefit from the diet in the first place, defeating the purpose of following the diet.

Reliance on Supplementation

While supplements are not an inherently bad thing, the Dr. Sebi diet needs one to take specific types of supplements, which can be expensive or hard to source, depending on where one is in the world.
Dr. Sebi diet supplements are necessary, but not exclusive, meaning that one should also be taking other supplements in order to make up for any vitamin deficiencies that might have popped up along the way.

This means that one may be confused as to what additional supplements may be necessary, and thus one who intends to start the Dr. Sebi diet should consult with a nutritionist in order to design their diet plan in adherence to the Dr. Sebi rules and to find out what additional supplements, if any, may be necessary. In addition, the fact that these supplements necessarily show the inherent flaw in a vegan-based diet, where relying only on plant-based products leads to nutrient deficiencies that need to be made up for using supplementation.
For example, protein tends to be hard to come by in vegan diets and even more so in Dr. Sebi's more restrictive version, and protein is an essential macronutrient for us to stay healthy. While nuts are a source of protein, it tends to be difficult and impractical to gain all the protein we need just through nut consumption, and thus the need for supplementation. Other things that need to be supplemented are for nutrients such as omega 3, iron, calcium, and vitamin B12, which are all necessary to keep the body healthy and balanced but will be difficult to come by when following the Dr. Sebi diet, and thus needing supplementation.

Risk Of Vitamin Deficiencies

One very important thing that we must remember that is while vegetables are extremely nutrient-dense, and are in fact the best sources for some of the essential nutrients.

Meaning that the body will not worry about getting these nutrients, there are some nutrients that cannot be provided by an all – plant matter diet, such as Vitamin B – 12, vitamin D, calcium, and certain fatty acids such as the long-chain Omega – 3 fatty acid commonly found in fish, as these nutrients cannot be created by the body using the building blocks it obtains from food, but rather must be obtained directly from an outside source, and one of the better sources and the most easily – absorbable sources, (bioavailable source) would be animal products. As such, vegans are recommended to supplement their diet using appropriate supplementation, in order to make sure that they get all the necessary nutrients to maintain their health and to make sure that they keep a balanced diet.

While supplements in the Dr. Sebi diet are crucial and are included in the diet design, the diet itself does not specify food portions and meal design, which means that the supplements may not be enough to make up for nutrient deficiencies that may occur.

As the Dr. Sebi diet does not necessarily prescribe what exactly to eat and just prescribes what may be eaten, some people may eat more of one thing and less of another, which may lead to nutrient imbalances, even with the inclusion of the necessary supplements.

One example of this, for example, would be B – 12 nutrient deficiency. Those who are predominantly vegetarian or vegan, and do not eat animal products are already at risk of developing a vitamin B – 12 deficiency, and thus are recommended to take supplements to cover it. The Dr. Sebi diet supplements may not give enough B – 12 vitamins that one needs, and this is not entirely clear, as the Dr. Sebi diet supplements are necessary, but not exclusive, meaning that one should also be taking other supplements in order to make up for any vitamin deficiencies that might have popped up along the way.

Without consulting a qualified nutritionist, one may run into the risk of developing deficiencies, and thus extra care should be taken when planning and designing a diet plan around Dr. Sebi's diet principles. Another nutrient that those who take the Dr. Sebi diet should watch out for is protein, as with any other vegan diet, protein tends to be in short supply, and should be made up for through supplementation.

FOODS TO EAT

As we discussed earlier, the Dr. Sebi diet is very strict as to what foods are allowed and what foods are not allowed or what should be avoided. This list can be very specific, and as such, will need to be discussed here.
Some specific foods included on a diet would be as follows:

Fruits

Not all fruits are permitted under the Dr. Sebi diet, and fruits that are allowed would be apples, currants, dates, elderberries, berries, peaches, pears, seeded key limes, figs, cantaloupe, mangoes, seeded melons, prickly pears, and tamarinds. Notably, non – seeded variants of fruits are not included in this list, as this would entail the usage of modified foods, which Dr. Sebi was not able to analyze, and such, given the unknown effects, they are to be avoided.

Vegetables

Similarly, not all vegetables are allowed to be consumed under the Dr. Sebi diet, and the list of permitted vegetables are as follows: avocado, cactus flowers, chickpeas, dandelion greens, lettuce (NOT iceberg lettuce), kale, bell peppers, cucumber, mushrooms (NOT shiitake), okra, sea vegetables, olives, squash, tomatoes (cherry and plum tomatoes ONLY), zucchini. Take note of the exceptions within the list, such as not eating iceberg lettuce, and the only tomato variants allowed being cherry and plum.

Grains

Fonio, Khorasan wheat, rye, wild rice, quinoa, spelt, amaranth are the allowed grains. Note that whole grains are encouraged here, and Kamut, or Khorasan wheat is the specific variant of wheat that is encouraged. Note as well that the grains here may take the form of pasta, bread, flour, or cereal, but leavened food is banned, preventing foods made with baking powder or yeast.

Nuts, Seeds, and Oils

Avocado oil, coconut oil (non - processed), grapeseed oil, Brazil nuts, hemp seeds, raw sesame seeds, raw tahini butter, walnuts, hempseed oil, olive oil (virgin /non-processed), sesame oil are the allowed nuts, seeds, and oils under the Dr. Sebi diet. Note that non – processed oils are allowed, as the processed oil version is banned.

Herbs and Spices

While the Dr. Sebi diet encourages, and in fact requires the consumption of water, at least one gallon a day, herbal teas are allowed. Herbal teas such as elderberry, fennel, tila, ginger, burdock, raspberry, tila, fennel, and chamomile are all allowed. Herbs and spices such as oregano, basil, bay leaf, dill, basil, achiote, habanero, cayenne, onions, tarragon, cloves, sage, sea salt, thyme, seaweed, agave syrup, and date sugar are all allowed as well. This allows one to create tasty and satisfying foods, even if one has a sweet tooth, as agave syrup and date sugar are allowed, though white sugar and cane sugars are not allowed.

CHAPTER 4

Transition to Alkaline Diet

The Alkaline Diet: Powerful Weight-Loss Plan

What if you heard of a reduction of weight plan to help you reduce weight and look younger? Will you try? Should you try it? Alkaline diets and behaviors have been around for more than 60 years, and many people don't know about their normal, healthy, and tested weight-loss properties!

The alkaline diet is not a fad or a gimmick. It is a safe and quick way to experience higher fitness rates. This section will inform you what this diet program is, what makes it special, and how it will result in life-changing outcomes for you, your tail, and your wellbeing.

Will you love today a lean and beautiful body? You are in the minority, if so. Unfortunately, more than 65% of Americans are overweight or obese. If you are overweight, it is possible that you suffer poor health conditions such as weakness, stiffness, swollen muscles, and a variety of other illnesses.

Worse still, you still have the impression that you still love the body you like and deserve. Maybe you were told you are growing older, but that's just not the truth. Don't give in to that myth. Don't fall into that myth. Many communities have strong, lean elderly people who go to great health in their 1990s!

The reality is that the body is a computer of a genius architecture, and if you experience some adverse health effects, that is proof that the blood composition is too acidic. The signs are a call for assistance. That is for one day; the body will not break down. Rather, your wellbeing is gradually eroding over time, finally slipping into 'disappointment.'

What's wrong with the way you're eating now?
The standard American Diet (S.A.D) relies on processed foods, fats, caffeine, meats, and animal goods. All of these products are extremely acidic. Although we consume not enough of the alkaline foods such as new fruits, vegetables, nuts, and legumes, given the appeals of diet experts.

In brief, our S.A.D. lifestyle upsets our species' normal acid-alkaline equilibrium. This illness induces malnutrition, higher rates of aches and pains, colds and flu, and disease inevitably develops.

We missed our path. We lost our way. It is where an alkaline diet will lead to improving our wellbeing.

I'm confident that you recognize the word pH relating to the acidity or alkalinity of something. Alkalinity on a scale is calculated. You should take a quick and economical home check to see where your alkalinity is and to track your alkalinity periodically.

Scientific doctors and scientists have understood this lesser-established reality for at least 70 years .... your body requires a certain pH degree or delicate equilibrium of the acid-alkaline levels in the blood to ensure the wellbeing and longevity is optimum.

Perhaps you wonder, "Why do the pH balance and alkalinity mean to me?" I know these were my thoughts when I first learned of alkaline food.

Two definitions would be used to demonstrate how acid and alkalinity are essential to the body.

1. We also realize that there is an acid in our throats. This acid is necessary for conjunction with enzymes to divide food into simple elements that can be ingested by the digestive tract. What if we have no fat in our belly? We can die of starvation in no time since the body can't use a whole slice of meat or whatever!
Can You Make Sense?
2. Various body parts need varying acidity or alkalinity amounts. The plasma, for example, needs a bit more alkaline than the stomach acids. What if you have so much acidic blood? This can nearly chew into the nerves and lungs, triggering major internal bleeding!

Although these explanations demonstrate that the various components or structures of the body need specific pH values, we should not think about this. Our question is simple because it's that we're all mostly acidic.

It is the most critical thing to remember. If the body becomes too acidic after a long period of time, it contributes to other diseases such as obesity, diabetes, lack of bone mass, high blood pressure, lung failure, and stroke. The list is infinite, as the organism eventually gives up the battle for life and falls into the state of survival as long as possible.

What's the alkaline diet like, and what would you expect?
Like other adjustments in diet or lifestyle, a phase of transition may take place. Yet if you're eating the cleanest food your body needs, you won't really have to feel thirsty, unlike other diet strategies. Plus, once you're full, you can consume all you want. You won't have to count calories, either. And you can appreciate a lot of variety, so you're never going to be bored with cooking.

Find an alkaline diet as a kind of "juice fast" for the body. It's just not that serious. You consume rich and readily digestible foods that your body longs for. Once you supply all the cells in your body that it wants so badly, the appetite goes out. Yet dull vegetables don't have to fret, as there are plenty of tasty recipes on the internet and in books.

What would you find an alternate strategy, including an alkaline diet for other eating plans?

If correctly practiced, you should assume that the fat can dissolve more quickly than for traditional plans. There are also accounts where individuals claim they drop more than two pounds a week. (And with most food plans, the weight will not be wise). When your skin becomes lighter, your vitality improves, and you would look younger.

Furthermore, the alkaline diet does two items that are essential to conventional diets.
1. It provides superior nourishment to your body's cells.
2. It naturally helps to detoxify and cleanse the cells, too.
All of these factors illustrate why an alkaline diet operates both quickly and comfortably.

The Tips for Successfully Following the Alkaline Diet

Often, stretching for the additional mile, you get to the areas you had only dreamed about. Going well on an alkaline diet will be the battle that ultimately contributes to a balanced lifestyle. An alkaline diet is an assumption that certain products, such as berries, vegetables, roots, and legumes, leave an alkaline residue or ash behind in the body. The body is strengthened by the key ingredients of rock, such as calcium, magnesium, titanium, zinc, and copper. The avoidance of asthma, malnutrition, exhaustion, and even cancer is an alkaline diet. Conscious about doing something like that?
Below are ten strategies to adopt the alkaline diet effectively.

Drink Water

Water is probably our body's most important (after oxygen) resource. Hydration in the body is very important as the water content determines the body's chemistry. Drink between 8-10 glasses of water to keep the body well hydrated (filtered to cleaned).

Avoid Acidic Drinks Like Tea, Coffee, Or Soda

Our body also attempts to regulate acid and alkaline content. There is no need to blink in carbonated drinks as the body refuses carbon dioxide as waste!

Breathe

Oxygen is the explanation that our body works, and if you provide the body with adequate oxygen, it should perform better. Sit back and enjoy two to five minutes of slow breaths. Nothing is easier than you can perform Yoga.

Avoid Food with Preservatives and Food Colors

Our body has not been programmed to absorb such substances, and the body then absorbs them or retains them as fat, and they do not damage the liver. Chemicals create acids, such that the body neutralizes them either by generating cholesterols or blanching iron from the RBCs (leading to anemia) or by extracting calcium from bones (osteoporosis).

Avoid Artificial Sweeteners

These sweeteners, which tend to be high in low fat, are potentially detrimental to the body. In addition, Saccharin, a primary ingredient in sweeteners, triggers cancer. Keep away from these things, therefore. Go for less healthy food, still a decent one.

Exercise

The alkaline and the acidic element will also be matched. This is not just a question of consuming alkaline milk. A little acid (because of muscles) often regulates natural bodywork.

Satiate Your Urges for Snack by Eating Vegetables

Whenever we are thirsty, we still consume a little fast food. Establish a tradition of consuming fresh vegetables or almonds, even walnuts.

Eat the Right Mix of Food

The fats and proteins of carbohydrates need a specific atmosphere when digested. And don't eat it all at once. Evaluate the nutritional composition and balance it accurately to create the best combination of all the nutrients you consume.

Sleep Well, Remain Calm

Seek to escape the pain. Our mind regulates the digestive system, and only when in a relaxed, focused condition can you realize it functions properly. Relax, then, and remain safe!

QUICK AND EASY ALKALINE DIET SHORTCUTS

An alkaline diet may be one of the easiest approaches to boost your mental safety and wellbeing. Some people incorrectly believe that "alkaline food" is difficult and impossible to achieve, but it's really simple to shift the diet from an unhealthy acidic diet to a balanced alkaline one. If you choose to enjoy the many health benefits of an alkaline diet, fast and simple methods to produce good results are given. You will expect improved fitness, stronger disease tolerance, and enhanced stamina by converting to an alkaline diet, among other benefits.

Add Alkaline Water to Your Diet

Drinking lots of water is important to healthy safety, so why don't alkaline water make the best of this? It's simple to make your own water at home simply by mixing a gallon of water with around half a teaspoon of baking soda. Shake and measure with a pH strip and apply additional baking soda as required to achieve a pH of 8.5 to 9. To use alkaline drops, tablets, or a jug filter both available on the market. You may also buy a water ionizer for ease to add directly to your water source. Add fresh lemon to your alkaline water before consuming a tasty and alkalizing cocktail. You may also create balanced herbal and green teas, all alkaline beverages.

Eat Plenty of Salads

Lettuce, spinach and other green leafy vegetables make huge contributions to the alkaline diet. Only add a new vegetable salad to your lunch and dinner menu and boost your wellbeing and your body. Almost all of the vegetables are alkalizing, and you can keep your salads fun and entertaining. Throughout your bowl, consider incorporating sliced cucumbers, snow peas, new green peas, and green pepper strings. By adding beans and other legumes, you can also add a touch of protein.

Eat Less Sugar

Refined sugar is very dangerous for one's safety, particularly when it promotes an acidic body reaction. If you are used to the richness of white sugar, seek to trim it down so that it can be balanced by your taste buds. White refined sugar may also be substituted with a ton of natural sugar, corn sugar, or stevia, both of which are alkalizing sweetening alternatives. However, do Nutra Sweet or High 'N Small, because they are acidifying, do not substitute sugar with chemical sweeteners. Fortunately, as you continue to use sweeteners, you can note that you enjoy a sweeter taste in your products.

Easy Food Substitutions

It is quick to create a few basic food alternatives to shift the diet from strongly acidifying to alkalizing. You eat whole grains like millet, quinoa, and wild rice instead of refined noodles and pastes. Replace the diet's red meat with nutritious shrimp, beans, and other legumes. Using good fats like olives, flaxseed, or canola oil in your cooking. You can always consume a diet high in new fruits and vegetables because the rest are alkalizing. You should sleep healthier and enjoy the safety advantages of an alkaline diet before you realize it.

DANGERS OF THE ALKALINE DIET

Alkaline Diet is becoming increasingly popular with dietitians and the health-conscious. It should not be shocking that this diet is effective in helping the body to maintain its optimum fitness, improve its strength, and attain overall wellbeing. Nevertheless, Alkaline Diet still has its share of risks, like many other diets. We give you the three greatest dangers so that you cannot fall into this diet.

1. It may not be safe to consume all alkaline food alone. The body often requires other forms and amounts of acidic substances. To remain healthy, other foods that provide the nutrients the body requires are suggested.
2. Alkalization of the diet does not fulfill the nutrients required for optimal health. Alkaline diets do not produce nutrients such as omega-3 and other main fatty acids. Of course, anyone with

health awareness understands that he or she wants the nutrients of every food group except meat and dairy products. Therefore, it is important to eat foods that provide the body with acid minerals and alkaline minerals.

3. Rubber and rubber are toxic materials. If you consume water or food from a disposable bottle, you still consume toxic toxin remains or traces. That is also valid when you consume plastic-stocked milk. That's one thing you have to recognize. The body is vulnerable with nearly all that impacts and reaches our bodies to all kinds of toxins.

Make sure the source is true when you purchase alkaline goods from the internet. It is also equally necessary to have a pH check kit to ensure that you have the right pH standard. Alkalizing the food will be pleasant if mildly completed.

CHAPTER 5

Dr Sebi Approved Food Lists and Prohibited food

Dr Sebi, in his wealth of experience as a specialist in natural health and wellness, created his specialized diets. His diets include fruits with seeds, agave syrup, wild rice, coconut oil, olive oil, and lots more. He went further to create his own fundamental six groups of food, which are; Dead, Raw, Live, Drugs, Hybrid, and Genetically Modified.

Dead Food are foods that can stay for days without going bad. These are heavily processed, synthesized, and less nutritional, some examples are fruit snacks, flavored crackers, flavored beverages, and meal replacement bars. This group of food are very common as they are fast, tasty, and convenient, but they contain chemicals, artificial colors and flavors, and unfamiliar ingredients. The consumption of such foods leads to diseases like diabetes, cancer, obesity, and heart diseases, etc.

It has been detected now that chemically processed and refined foods are significant players in the cause of body inflammation. When these dead foods accumulate in the body, it causes chronic inflammation, which results in weight gain, increased blood pressure, arthritis, and elevated blood sugar level, etc. Pains, aches, brain fog, hormonal imbalance, poor sleep are all results of the body reacting to these dead foods.

Live Food

These are foods that are either in their natural form or close to it; examples are fruits and vegetables, fish, whole grain, nuts and seeds, fish, and poultry. These foods have contrasting fortune with the dead foods as they possess antioxidants that fight inflammation and also phytochemicals. They help in the production and activation of enzymes that help produce hormones and chemical reactions in the body. These foods also boost your body defense because they possess probiotics that promote the growth of healthy bacteria that acts as the body's first response when fighting diseases.

Raw Food

Raw food, as defined by the Natural Hygiene movement in the 1800s, is any food that is cooked below a temperature lower than 115 – 118 degrees Fahrenheit. Nutrients and enzymes are assumed to be preserved when cooked in this manner and keeps food in its natural state. They are mostly vegetables, seeds, nuts, fresh fruits, and soaked legumes and grains. Consumers of raw food are usually vegan, with just a few that consume raw meat, dairy, and fish.

Experts consider raw food diets as a natural diet for humans. They say raw foods would have been our food in the wild if we had not developed agriculture, the creation of processed foods, and the domestication of animals. Some benefits of eating raw foods are improved sleep, energy, bowel movements, body fat loss, clear skin, and a clear mind, etc.

Hybrids Food

These are foods formed from the combination of two distinct fruits or vegetables. The hybrid produce is what is referred to as hybrid foods; this rarely occurs in nature but is mostly something that is engineered by men. Some examples of hybrids are seedless apples, kiwis, seedless watermelon, seedless grapes, seedless citrus fruits, and seedless persimmons. There are no real health risks in the consumption of hybrid foods.

Genetically Modified Food

Foods that are made from organisms that are genetically modified artificially are said to be genetically modified foods. This poses a significant health risk for consumers as proper work has not been done to check the production of GM foods. They are usually employed to help plant viability, but plans are on-going to alter the nutrients of foods to check allergenic potential.

Drugs

Some foods are grouped as drugs because they contain a high medicinal value, acting as a drug to the body. There are links between drugs and food, some food acts like drugs, while some drugs act as food. You should be aware of drugs that are considered as food, because they can be very harmful, unlike food servings as drugs such as green tea and coffee, they have far fewer health risks.

Approved Lists

Dr Sebi created his diets from just live and raw food groups, virtually shutting out the rest of the food groups. He encourages dieters to consume more foods that are close to a raw vegan diet, such as vegetables and fruits that are naturally grown and also whole grains. His line of thought was that the live and raw foods were electric, and they combat the acidic food waste contained in the body. Dr Sebi compiled his food list he called ‘Electric Food List’, he considered the best of his diets. This list continues to evolve and grow even after his demise.

For most people who eat out regularly, it is always challenging to abide by Dr Sebi’s food diets. It will be great for you to start prepping yourself for vegan diet meals by learning how to prepare such meals, using olive oil, wild rice, agave syrup, etc.

Vegetable Food list

Dr Sebi strongly advocates that people should consume non-genetically modified organism foods, which includes seedless vegetables and fruits, or those modified to contain more nutrients than the natural state. He has a long, diverse list of vegetables, providing more options to make different unique meals.
These are;

- Amaranth
- Avocado
- Arame
- Bell Pepper
- Cherry and Plum Tomato
- Chayote
- Cucumber
- Dulse
- 3Dandelion Greens
- Garbanzo Beans
- Hijiki
- Izote Flower and Leaf
- Kale
- Lettuce apart from Iceberg
- Mushroom apart from Shitake
- Nori
- Nopales
- Onions
- Olives
- Okra
- Purslane Verdolaga
- Sea Vegetables
- Squash
- Tomatillo
- Turnip Greens
- Wakame
- Watercress
- Wild Arugula
- Zucchini

Fruit List

While Dr Sebi proposes a wide range of vegetables, he places a lot of restrictions on fruits. Despite this restriction, fruits have a diverse range of lists to choose from, including all varieties of berries apart from cranberries that are human-made.

These are;

- Apples
- Berries
- Bananas
- Cherries
- Currants
- Cantaloupe
- Dates
- Figs
- Grapes
- Limes
- Melons
- Mango
- Orange
- Plums
- Papayas
- Prunes
- Peaches
- Pears
- Prickly Pear
- Raisins
- Sour soups
- Soft Jelly Coconut
- Tamarind

Spices and Seasoning

- Achiote
- Bay Leaf
- Basil
- Cloves
- Cayenne
- Dill
- Habanero
- Oregano
- Onion Powder
- Pure Sea Salt
- Savory
- Sweet Basil
- Sage
- Thyme
- Tarragon

Alkaline Grain

- Amaranth
- Fonio
- Kamut
- Quinoa
- Rye
- Spelt

Alkaline Sweeteners and Sugars

- 100% Pure Agave Syrup from Cactus
- Date Sugar from Dried Dates

Herbal Teas

- Burdock

- Chamomile
- Elderberry
- Fennel
- Ginger
- Red Raspberry
- Tila

Nuts and Seeds

- Brazil Nuts
- Hemp Seeds
- Raw Sesame Seeds
- Walnuts

Oils

- Avocado Oil
- Coconut Oil
- Grape seed Oil
- Hempseed Oil
- Olive Oil
- Sesame Oil

Guidelines

- Any food not listed above is not recommended.
- You should drink a gallon of water daily, preferably natural spring water.
- If you are taking pharmaceutical drugs, take Dr Sebi's product an hour prior.
- Strict adherence to Dr. Sebi's nutritional guidelines guarantees the best result in disease reversal.
- No fish, no alcohol, no animal products, no hybrid foods, and no dairy.
- Consume only the above-approved grains.
- A lot of the approved grains are sold in health food stores as bread, pasta, cereal, or flour.
- Dr Sebi's products work for 14 days within the body, as it still releases therapeutic properties.
- Do not make use of microwaves, and it kills the food.

- No consumption of seedless or canned fruits.

PROHIBITED FOODS

Foods that are not listed in the above approved Dr Sebi diet list is prohibited from being consumed, some of such foods are;

- Seedless Fruits
- Canned Fruits or Vegetables
- Fish
- Dairy
- Poultry
- Red Meat
- Fortified Foods
- Soy Products
- Wheat
- Alcohol
- Processed foods; including restaurant foods and take-outs.
- Yeast enhanced food
- Food made with baking powder
- Sugar apart from agave syrup and date sugar
- Eggs

CHAPTER 6

Breakfast Recipes

1. Banana Barley Porridge

Preparation Time: 5 minutes
Cooking Time: 30 minutes
Serving: 2
Ingredients:
1 cup unsweetened coconut milk, divided
1 small banana, peeled and sliced
½ cup barley
3 drops liquid stevia
¼ cup coconuts, chopped
Directions:

1. Mix barley with half coconut milk and stevia in a bowl and mix well. Cover and refrigerate for about 6 hours.
2. Mix the barley mixture with coconut milk in a saucepan. Cook for 5 minutes on medium heat.
3. Top with chopped coconuts and banana slices. Serve.

Nutrition: Calories: 434Fat: 35gCarbs: 27gProtein: 6.7gFiber: 3.6g

2. Zucchini Muffins

Preparation Time: 10 minutes
Cooking Time: 25 minutes
Serving: 16
Ingredients:
1 tablespoon ground flaxseed
3 tablespoons water
¼ cup walnut butter
3 small-medium over-ripe bananas
2 small zucchinis, grated
½ cup coconut milk
1 teaspoon vanilla extract
2 cups coconut flour
1 tablespoon baking powder
1 teaspoon cinnamon
¼ teaspoon sea salt
Optional add-ins:
¼ cup chocolate chips and/or walnuts
Directions:

1. Set your oven to 375 degrees F. Grease a muffin tray with cooking spray. Mix flaxseed with water in a bowl.
2. Mash bananas in a glass bowl and stir in all the remaining ingredients. Mix well and divide the mixture into the muffin tray.
3. Bake for 25 minutes. Serve.

Nutrition: Calories: 127 Fat: 6.6g Carbs: 13gProtein: 0.7gFiber: 0.7g

3. Millet Porridge

Preparation Time: 10 minutes
Cooking Time: 20 minutes
Serving: 2
Ingredients:
Pinch of sea salt
1 tablespoon coconuts, chopped finely
½ cup unsweetened coconut milk
½ cup millet, rinsed and drained
1½ cups water
3 drops liquid stevia
Directions:

1. Sauté millet in a non-stick skillet for 3 minutes. Stir in salt and water. Let it boil then reduce the heat.
2. Cook for 15 minutes then stirs in remaining ingredients. Cook for another 4 minutes.
3. Serve with chopped nuts on top.

Nutrition: Calories: 219Fat: 4.5gCarbs: 38.2gProtein: 6.4gFiber: 5g

4. Jackfruit Vegetable Fry

Preparation Time: 5 minutes
Cooking Time: 5 minutes
Serving: 6
Ingredients:
2 small onions, finely chopped
2 cups cherry tomatoes, finely chopped
1/8 teaspoon ground turmeric
1 tablespoon olive oil
2 red bell peppers, seeded and chopped
3 cups firm jackfruit, seeded and chopped
1/8 teaspoon cayenne pepper
2 tablespoons fresh basil leaves, chopped
Salt, to taste

Directions:

1. Sauté onions and bell peppers in a greased skillet for 5 minutes. Stir in tomatoes and cook for 2 minutes.
2. Add turmeric, salt, cayenne pepper, and jackfruit. Cook for 8 minutes.
3. Garnish with basil leaves. Serve warm.

Nutrition: Calories: 236Fat: 1.8gCarbs: 48.3gProtein: 7gFiber: 0.6g

5. Zucchini Pancakes

Preparation Time: 15 minutes
Cooking Time: 8 minutes
Serving: 8
Ingredients:
12 tablespoons water
6 large zucchinis, grated
Sea salt, to taste
4 tablespoons ground Flax Seeds
2 teaspoons olive oil
2 jalapeño peppers, finely chopped
½ cup scallions, finely chopped
Directions:

1. Mix together water and flax seeds in a bowl and keep aside.
2. Heat oil in a large non-stick skillet on medium heat and add zucchini, salt, and black pepper.
3. Cook for about 3 minutes and transfer the zucchini into a large bowl. Stir in scallions and flax seed mixture and thoroughly mix.
4. Preheat a griddle and grease it lightly with cooking spray. Pour about ¼ of the zucchini mixture into preheated griddle and cook for about 3 minutes.
5. Flip the side carefully and cook for about 2 more minutes. Repeat with the remaining mixture in batches and serve.

Nutrition: Calories: 71Fat: 2.8gCarbs: 9.8g Protein: 3.7g Fiber: 3.9g

6. Squash Hash

Preparation Time: 2 minutes
Cooking Time: 10 minutes
Serving: 2
Ingredients:
1 teaspoon onion powder
½ cup onion, finely chopped
2 cups spaghetti squash
½ teaspoon sea salt
Directions:

1. Squeeze any extra moisture from spaghetti squash using paper towels. Place the squash into a bowl, then add the onion powder, onion, and salt. Stir to combine.
2. Spray a non-stick cooking skillet with cooking spray and place it over medium heat.
3. Add the spaghetti squash to pan. Cook the squash for 5 minutes, untouched. Using a spatula, flip the hash browns. Cook for an additional 5 minutes or until the desired crispness is reached. Serve and Enjoy!

Nutrition: Calories: 44Fat: 0.6gCarbs: 9.7gProtein: 0.9gFiber: 0.6g

7. Hemp Seed Porridge

Preparation Time: 5 minutes
Cooking Time: 5 mines
Serving: 6
Ingredients:
3 cups cooked hemp seed
1 packet Stevia
1 cup coconut milk
Directions:

1. Combine the rice and coconut milk in a saucepan over medium heat for 5 minutes. Make sure to stir constantly.
2. Remove the pan from the heat and stir in the Stevia.
3. Divide among 6 bowls.
4. Serve and Enjoy!

Nutrition: Calories: 236Fat: 1.8gCarbs: 48.3gProtein: 7gFiber: 0.6g

8. Veggie Medley

Preparation Time: 5 minutes
Cooking Time: 10 minutes
Serving: 2
Ingredients:
1 bell pepper, any color, seeded and sliced
Juice of ½ a lime
2 tablespoons fresh cilantro
½ teaspoon cumin
1 teaspoon sea salt
1 jalapeno, chopped
½ cup zucchini, sliced
1 cup cherry tomatoes, halved
½ cup mushrooms, sliced
1 cup broccoli florets, cooked
1 sweet onion, chopped
Directions:

1. Spray a non-stick pan with cooking spray and place it over medium heat.
2. Add the onion, broccoli, bell pepper, tomatoes, zucchini, mushrooms and jalapeno. Cook for 7 minutes, or until desired doneness is reached. Stir occasionally.
3. Stir in the cumin, cilantro, and salt. Cook for 3 minutes while stirring.
4. Remove pan from heat, then add the lime juice.
5. Divide between serving plates, serve and enjoy!

Nutrition: Calories: 86 Fat: 0.07g Carbs: 17.4g Protein: 4.1g Fiber: 5.1g

9. Pumpkin Spice Quinoa

Preparation Time: 10 minutes
Cooking Time: 0 min
Serving: 2
Ingredients:
1 cup cooked quinoa
1 cup unsweetened coconut milk
1 large banana, mashed
1/4 cup pumpkin puree
1 teaspoon pumpkin spice
2 teaspoon chia seeds
Directions:

1. Mix all the ingredients in a container.
2. Seal the lid and shake well to mix.
3. Refrigerate overnight.
4. Serve.

Nutrition: Calories: 212Fat: 11.9gCarbs: 31.7gProtein: 7.3gFiber: 2g

10. Zucchini Home Fries

Preparation Time: 5 minutes
Cooking Time: 20 minutes
Serving: 2
Ingredients:
4 medium zucchinis
1 teaspoon onion powder
1 teaspoon sea salt
1 red bell pepper, seeded, diced
½ sweet white onion, chopped
¼ cup vegetable broth
½ cup mushrooms, sliced
Directions:

1. In a medium-sized microwave-safe bowl, microwave the 4 zucchinis for about 4 minutes or until soft. Allow zucchinis to cool.
2. Add the broth into a large non-stick pan over medium heat, add the red bell pepper and onion. Sauté your vegetables for 5 minutes.
3. While the vegetables are cooking, slice your zucchinis into quarters.
4. Add the mushrooms, onion powder, salt and zucchinis to the pan. Cook your mixture for about 10 minutes or until the zucchinis are crisp.
5. Serve and Enjoy!

Nutrition: Calories: 337 Fat: 0.8g Carbs: 74.8gProtein: 9.3gFiber: 12.4g

11. Blackberry Pie

Preparation Time: 10 minutes
Cooking Time: 10 minutes
Serving: 4
Ingredients:
1 vanilla bean, cut lengthwise, deseeded
¼ teaspoon cinnamon
6 cups blackberry, sliced
¼ cup unsweetened coconut milk
½ cup orange juice, freshly squeezed
Directions:
1.Combine all your ingredients.
2.In a medium-size skillet on medium-high heat, cook the fruit mixture. Cook the fruit mixture for 10 minutes.
3.Divide the fruit mixture among four serving dishes.
4.Top with 1 tablespoon of coconut milk.
5.Serve and Enjoy!
Nutrition: Calories: 109Fat: 0.1gCarbs: 28.5gProtein: 0.2gFiber: 4.5g

12. Figs & Ginger Fruit Compote

Preparation Time: 10 minutes
Cooking Time: 10 minutes
Serving: 4
Ingredients:
1 apple, peeled, cored and diced
2 tangerines, peeled and sectioned
½ cup plums, dried and halved
½ cup figs, stemmed and quartered
1 packet Stevia
½ teaspoon cloves
½ teaspoon cinnamon
1 teaspoon ginger, fresh and grated
1 vanilla bean, split lengthwise, deseeded
¼ cup dark cherries
1 cup of filtered water
Directions:
1.In a saucepan, mix all of the ingredients.
2.Bring to a simmer over medium heat and cook for 10 minutes, stirring occasionally or until the fruit is tender.
3.Remove from the heat source, then let stand for 30 minutes.
4.Serve warm and Enjoy!
Nutrition: Calories: 102 Fat: 0.4g Carbs: 26g Protein: 1g Fiber: 4.2g

13. Lime & Mint Summer Fruit Salad

Preparation Time: 10 minutes
Cooking Time: 0 minutes
Serving: 4
Ingredients:
¼ cup apple, peeled and diced
¼ cup grapes
2 tablespoons mint, fresh and chopped
2 tablespoons Seville orange juice, freshly squeezed
¼ cup strawberries
¼ cup peaches, peeled and diced
¼ cup tangerine slices
¼ cup cantaloupe, small bite-size pieces
¼ cup honeydew melon, small bite-size pieces
¼ cup watermelon, small bite-size pieces
Directions:
1.In a mixing bowl, combine all of the fruit.
2.Add the Seville orange juice, mint and mix well.
3.Serve chilled and enjoy!
Nutrition: Calories: 32 Fat: 0.02g Carbs: 7.8g Protein: 0.6g Fiber: 0.09g

14. Dr. Sebi Granola

Preparation Time: 2 minutes
Cooking Time: 15 minutes
Serving: 4
Ingredients:
1 cup slivered coconuts
1 cup flaked unsweetened coconut
½ cup raisins
½ cup flaxseed
½ teaspoon nutmeg
½ teaspoon cinnamon
¼ teaspoon ginger
¼ teaspoon sea salt
½ cup unsweetened dried pineapple pieces
¼ cup coconut oil
Directions:
1.Preheat your oven to 350° Fahrenheit.
2.In a bowl, combine the coconut, flaxseed, coconuts, raisins, ginger, cinnamon, nutmeg, vanilla bean seeds, salt, and coconut oil. Mix until well combined.
3.Spread the mix on a baking sheet and bake for 15 minutes, occasionally stirring, until golden brown.
4.Remove from your oven and cool, without stirring.
5.Once cooled, stir in the pineapple pieces.
6.Store in an airtight container.
Calories: 210Fat: 8gCarbs: 29gProtein: 6gFiber: 4g

15. Vegetable Pancakes

Preparation Time: 5 minutes
Cooking Time: 5 minutes
Serving: 2
Ingredients:
½ white onion, grated
1 yellow squash, roughly chopped
1 zucchini, peeled and chopped
1 zucchini, roughly chopped
½ teaspoon onion powder
¼ cup filtered water, as needed
1 teaspoon salt
¼ cup coconut flour
4 scallions
Directions:
1. Add the yellow squash, zucchini, zucchini, scallions, coconut flour, onion, salt, and onion powder in a food processor. Pulse until blended.
2. Add the water to the mixture to make moist but not runny. The batter will be thick.
3. Spray Pan with cooking spray and heat over medium high heat.
4. Using an ice-cream scoop to drop batter into pan. Use a fork to spread your mixture evenly over pan, pressing down on the pancakes. Brown on both sides of pancakes, cooking for about 5 minutes total.
5. Serve hot and Enjoy!
Nutrition: Calories: 254Fat: 12.1gCarbs: 33.4gProtein: 6.3gFiber: 7.2g

16. Turnip Bowl

Preparation Time: 5 minutes
Cooking Time: 10 minutes
Serving: 2
Ingredients:
2 turnips, peeled and cubed
1 tablespoon coconut oil
1 red bell pepper, seeded and chopped
1 sweet onion, chopped
¼ cup mushrooms, sliced
4 cups kale
2 chive stalks, chopped
1 teaspoon onion powder
1 teaspoon onion powder
½ teaspoon sea salt
½ teaspoon Bouquet Garn herb blended, or other dried herbs like sage or rosemary
Directions:
1.In a bowl, combine the turnips, red bell pepper, mushrooms, kale, chives, onion, oil, onion powder, and onion powder.
2.Heat a non-stick cooking pan over medium heat, and cook the vegetables, stirring often for about 10 minutes, or until tender.
3.Serve and Enjoy!
Nutrition: Calories: 181Fat: 1.5gCarbs: 37.8gProtein: 5.6gFiber: 8.1g

17. Hempseed Milk

Preparation Time: 10 minutes
Cooking Time: 5 minutes
Serving: 6
Ingredients:
•2 tbsp. Hemp Seeds
•2 cups Spring Water
•1/8 tsp. Sea Salt
•2 tbsp. Agave
•1 cup Strawberries (Optional)
Direction:
1.Mash all the ingredients except the fruits into the blender.
2.Allow them to blend for 2 minutes.
3.Add fruits to the milk and allow it to blend for an added 30 seconds.
4.Store the milk in the refrigerator until its cold.
5.Afterwards, serve and enjoy your Hemp Milk!
Calories: 43Fat: 1.6gCarbs: 9.7gProtein: 0.1gFiber: 0.6g

18. Apple Pie Recipe

Preparation Time: 11 minutes
Cooking Time: 5 minutes
Serving: 1
Ingredients:
•3-4 lbs. baking Apples
•1/2 cup Agave
•1/2 cup Date Sugar
•1/2 tsp. Sea Salt / 1 tsp. Sea Salt
•1/4 tsp. Ground Cloves
•1 tsp. Allspice
•2 cups Spelt Flour
•1/3 cup Grape seed Oil
•1/2 cup Spring Water
•Limes (optional)
Tools:
•Apple Slicer/Corer
•Vegetable Peeler
•Food Processor (optional)
•Pizza Cutter
Direction
1.Preheat your oven to 425°F while cutting the apples into thin slices.
2.Place allspice, gloves, date sugar, apples and half teaspoon of sea salt to a skillet.
3.Set your cooker to low heat. Mix the ingredients and simmer for 20 minutes.
4.Place spelt flour and a tablespoon of sea salt to a processor and blend for 10 seconds.
5.Carefully add grape seed oil while mixing. Add spring water to form a ball.
6. Place the dough into a pie pan for removal of excess.
7.Add agave or any other insufficient ingredient to the apple mixture.
8.With a knife or pizza cutter, cut out 1-inch strips from the other half of dough.
9.Lay the strips vertically and horizontally on the pie.

10. Bake in the oven until it is golden brown.
Nutrition: Calories: 42Fat: 1.8gCarbs: 9.7gProtein: 0.1gFiber: 0.6g

19. Donuts Recipe

Preparation Time: 10 minutes
Cooking Time: 3 minutes
Serving: 1
Ingredients:
•3/4 cup Garbanzo Bean Flour (Chickpea Flour)
•1/4 cup Sparkling Spring Water
•1 tsp. Sea Moss Gel
•1/2 tsp. Sea Salt
•1/4 tsp. Ground Cloves
•Grape Seed Oil
•Coconut Flakes (optional)
• Glaze (Mix coconut oil and agave together to your taste) (optional)
Tools:
Donut Pan
Direction:
1.With the exception of grape seed oil, add the other ingredients into a large bowl. Mix till it is well blended.
2.Preheat your donut pan to 350°F then sprinkle oil.
3.Turn the batter into the donut pan and bake for 14 minutes.
4.set aside the donuts until they are cool. Cut out the centers afterward.
5.Adorn the top with coconut flakes and glaze.
Nutrition: Calories: 41Fat: 1.6gCarbs: 9.7gProtein: 0.1gFiber: 0.6g

20. Pizza Crust

Preparation Time: 10 minutes
Cooking Time: 3 minutes
Serving: 6
Ingredients:
•1 1/2 cups Spelt Flour
•1 tsp. Onion po wder
•1 tsp. Oregano
•2 tsp. Sesame seeds
•1 tsp. Sea Salt
•2 tsp. Agave
•2 tsp. Grape seed Oil
•1 cup Spring Water
Direction:
1.Preheat your oven to 400°F.
2.Mix all your ingredients in a medium-sized bowl alongside half cup of spring water.
3.Add water and flour to make a ball.
4.Sprinkle your baking sheet with grape seed oil then roll out the donuts on it.
5.Poke holes in the crust with a fork, sprinkle grape seed oil on it then bake for 15 minutes.
6.While the crust is baking, prepare either a tomato or avocado sauce.
7.Once the crust is ready, add onions, peppers, mushrooms, and Brazil nuts cheese and pizza sauce. Then, bake the pizza for 20 minutes.
Nutrition: Calories: 49Fat: 1.9gCarbs: 9.7gProtein: 0.1gFiber: 0.6g

21. Dr. Sebi Hot Sauce Recipe

Preparation Time: 10 minutes
Cooking Time: 5 minutes
Ingredients:
•3 Habaneros
•1/3 cup spring water
•1/4 cup Red Pepper
•1/4 cup Onions, diced
•1/2 teaspoon Sea Salt
•1 tablespoon Onion Powder
•2 tablespoons Lime Juice
•1 tablespoon Grape Seed Oil
Tools:
•Blender
•Strainer
Pro Tip: Remember to cook habaneros whole and maintain proper ventilation as these peppers are powerful.
Direction:
1.Set your cooker to medium heat. The, Sprinkle grape seed oil on your skillet.
2.Sautee sea salt, peppers, habaneros and onions for 4 minutes.
3.Separate the stems from the habaneros then include vegetable and all other ingredients to the blender.
4.Blend the sauce until the seeds are all out and the sauce is smooth.
5.Your Hot Sauce Recipe is ready to be dished.
Nutrition: Calories: 40Fat: 1.9gCarbs: 9.7gProtein: 0.1gFiber: 0.6g

CHAPTER 7

Lunch Recipes

22. Cheesy Spinach Bake

Preparation Time: 10 Minutes
Cooking Time: 40 Minutes
Servings: 4
Ingredients:
Nonstick cooking spray
2 tablespoons grass-fed butter
2 cups chopped onion
2 garlic cloves, minced
2 zucchinis, chopped into bite-size pieces
2 cups fresh spinach
3 eggs, beaten
¼ cup heavy (whipping) cream
½ teaspoon salt
¼ teaspoon freshly ground black pepper
1½ cups shredded mozzarella cheese
½ cup grated Parmesan cheese
Directions:
1. Preheat the oven to 350°F. Coat a 9-inch glass pie plate with cooking spray.
2. In a skillet over medium-high heat, melt the butter. Add the onion and garlic and sauté for 2 minutes.
3. Add the zucchini and cook for another 4 minutes. Add the spinach and stir until wilted. Transfer the mixture and spread it evenly with a spatula.
4. In a small bowl, mix together the eggs, cream, salt, and pepper. Pour the mixture over the vegetables.
5. Top with the mozzarella and Parmesan cheeses and bake for 30 to 35 minutes. Serve warm.

Nutrition: Calories: 386 Cal Fat: 30 g Protein: 21 g Carbs: 8g Fiber: 2g

23. Fakeachini Alfredo

Preparation Time: 15 Minutes
Cooking Time: 5 Minutes
Servings: 1
Ingredients:
½ tablespoon extra-virgin olive oil
1 teaspoon minced garlic
¼ teaspoon salt
¼ teaspoon garlic powder
1 wedge Laughing Cow Swiss cheese, cubed
1 to 2 tablespoons heavy (whipping) cream
3 tablespoons grated Parmesan cheese
2 ounces seitan strips or cubes
⅓ Cup cooked spaghetti squash
1 tablespoon chopped fresh parsley
Directions:
1. Warm the olive oil. Add the garlic, salt, and garlic powder and stir for 1 to 2 minutes or until fragrant.
2. Add the cheese and stir until melted. Thin the sauce to your desired consistency with the cream. Continue to stir until melted.
3. Add the seitan to the sauce.
4. Place the squash in a serving bowl, pour the sauce on top, and sprinkle with the parsley.
Nutrition: Calories: 452 Cal Fat: 24 g Protein: 52 g Carbs: 7 g Fiber: 3 g

24. Cheesy Cauliflower Mac ’N’ Cheese

Preparation Time: 10 Minutes
Cooking Time: 30 Minutes
Serving: 6
Ingredients:
Nonstick cooking spray
1 cauliflower head, chopped into small florets
8 ounces heavy (whipping) cream
4 ounces shredded sharp cheddar cheese
4 ounces grated Parmesan cheese
2 ounces cream cheese
1 teaspoon salt
¼ teaspoon freshly ground black pepper
Directions:
1. Preheat the oven to 375°F. Spray an 8-by-8-inch baking dish with cooking spray.
2. Place the cauliflower in a microwave-safe bowl and cook for 3 minutes on high. Drain any excess liquid.
3. Combine the heavy cream, cheddar cheese, Parmesan cheese, cream cheese, salt, and pepper.
4. Pour the cheese sauce over the cauliflower and toss to coat.
Nutrition: Calories: 324 Fat: 28g Protein: 13g Carbs: 5g Fiber: 1g

25. Margherita Pizza

Preparation Time: 10 Minutes
Cooking Time: 5 Minutes
Servings: 1
Ingredients:
1 tablespoon psyllium husk powder
½ teaspoon dried oregano
2 large eggs
1 tablespoon avocado oil
3 tablespoons low-sugar marinara sauce
2 tablespoons grated Parmesan cheese
½ cup sliced mozzarella cheese
1 tablespoon chopped fresh basil
Directions:
1. Line a baking sheet with aluminum foil. Turn the oven to low broil. Combine the psyllium husk powder, salt, oregano, and eggs in a blender. Blend for 30 seconds. Set aside.
2. In a sauté pan or skillet, over high heat, warm the avocado oil. Pour the crust mixture into the pan, spreading it out into a circle.
3. Cook until the edges and then flip the crust and cook for an additional minute.
4. Transfer the crust to the baking sheet. Spread the marinara sauce over the top and cover with the Parmesan and mozzarella cheeses.
5. Broil until the cheese is melted
6. Top with the basil and enjoy.
Nutrition: Calories: 545 Cal Fat: 41 g Protein: 32 g Carbs: 12 g Fiber: 8 g

26. Creamy Onion Soup

Preparation Time: 10minutes
Cooking Time: 65 Minutes
Servings: 4
Ingredients:
3 tbsp. olive oil
3 cups thinly sliced white onions
2 garlic cloves, thinly sliced
2 tsp. almond flour
½ cup dry white wine
Salt and black pepper to taste
2 sprigs chopped thyme
2 cups hot vegetable broth
2 cups almond milk
1 cup grates Swiss cheese

Directions:

1. Heat the olive oil in a pot. Sauté the onions for 10 minutes or until softened, stirring regularly to avoid browning. Reduce the heat and cook for 15 minutes while occasionally stirring.
2.Mix in the garlic, cook further for 10 minutes or until the onions caramelize.
3. Stir in the almond flour well, wine, and increase the heat. Season with salt, black pepper, thyme, and pour in the hot vegetable broth.
4. Pour in the almond milk and half of the Swiss cheese. Stir until the cheese melts, adjust the taste with salt, black pepper, and dish the soup.
Nutrition: Calories: 183 Cal Fat: 14.7 g Carbs: 8 g Fiber: 2 g Protein: 8 g

27. Basil Zucchinis and Eggplants

Preparation Time: 10 Minutes
Cooking Time: 20 Minutes
Servings: 4
Ingredients:
1 tablespoon olive oil
2 zucchinis, sliced
1 eggplant, roughly cubed
2 scallions, chopped
1 tablespoon sweet paprika
Juice of 1 lime
1 teaspoon fennel seeds, crushed
Salt and black pepper to the taste
1 tablespoon basil, chopped

Directions:

1. Heat up a pan with the oil and add scallions and fennel seeds and sauté for 5 minutes.
2. Add zucchinis, eggplant and the other ingredients, toss, cook over medium heat for 15 minutes more.

Nutrition: Calories: 97 Cal Fat: 4 g Fiber: 2 g Carbs: 6 g Protein: 2 g

28. Alkaline-Electric Ice Cream

Preparation Time: 15 minutes
Cooking Time: 25 Minutes
Serving: 2
Ingredients:
Agave syrup
3 tablespoons of homemade walnut milk
2 ripe mangoes
2 burro bananas
Directions:
1.Peel and then cut all your mangoes into small cubes.
2.Peel and slice the burro bananas.
3.Put both the banana mango and pieces in a baking sheet lined with parchment paper and freeze.
4.Place your frozen fruit in a food processor and add the sweetener and the homemade walnut milk.
5.Blend for 4 minutes.
6.You need to stop it throughout to push it down and stir it around.
7.Serve and enjoy.
Nutrition: Calories: 221Fat: 3.7gCarbs: 54gProtein: 5.5g Fiber: 3.5g

29. Nori-burritos

Preparation Time: 11 minutes
Cooking Time: 15 Minutes
Serving: 2
Ingredients:
A handful of sprouted hemp seeds
1/2 mango, ripe
A handful of amaranths
1 tbs. tahini
Sesame seeds, to taste
450 gr. cucumber
4 sheets nori seaweed
1 zucchini, small
1 avocado, ripe
Directions:
1.Place the Nori sheet on board with the sparkling side facing down.
2.Arrange all the ingredients on the nori sheet, leaving a margin of an inch uncovered with the nori to the right.
3.Fold the sheet of nori from the edge close to you up and over the fillings.
4.Sprinkle with sesame seeds when you cut in thick slices.
Nutrition: Calories: 271 Fat: 3.7g Carbs: 54g Protein: 6.5g Fiber: 3.5g

30. Detox Smoothie for lunch

Preparation Time: 11 minutes
Cooking Time: 15 Minutes
Serving: 2
Ingredients
2 tbsp. key lime juice
1/2 cup ginger tea
1/2 burro banana
1/2 cup soft jelly coconut water
1 cup Romaine lettuce
1/4 cup blueberries
Directions
1.Prepare the tea and cool
2.Blend all ingredients
3.Serve and enjoy!
Nutrition: Calories: 271Fat: 3.7gCarbs: 54gProtein: 6.5g Fiber: 3.5g

31. Lunch Salad

Preparation Time: 11 minutes
Cooking Time: 15 Minutes
Serving: 2
Ingredients
1/2 seeded cucumber
2 cups watercress
2 tbsp. olive oil
1 tbsp. key lime juice
Salt and cayenne pepper, to taste.
Directions
1.Mix the key lime and olive oil until meticulously combined.
2.Arrange cucumber and watercress.
3.Add the dressing and dust with pepper and salt, to your taste.
Nutrition: Calories: 251Fat: 3.8gCarbs: 54gProtein: 6.5g Fiber: 3.5g

32. Berry Sorbet for lunch

Preparation Time: 11 minutes
Cooking Time: 15 Minutes
Serving: 2
Ingredients
1-1/2 tsp. spelt
1/2 cup date sugar
2 cups water
Flour
2 cups strawberries
Directions
1.In a large saucepan, dissolve the flour and date sugar in the water over low heat
2.Boil for ten minutes.
3.When the syrup is cooled, add the squashed fruit and mix well.
4.Cut the sorbet into small portions, and then process in a blender until creamy and smooth.
5.Put in plastic and freeze open until it is rock-hard.
6.Put the sorbet into the freezer again and allow it to freeze for an extra 3 hours.
Nutrition: Calories: 271Fat: 3.7gCarbs: 54gProtein: 5.5g Fiber: 3.5g

33. Chickpea Burger

Preparation Time: 5 minutes
Cooking Time: 10 minutes
Serving: 3
Ingredients:
•1 cup Garbanzo Bean Flour
•1/2 cup diced Onions
•1/2 cup diced Green Peppers
•1/2 cup diced Kale
•1 diced Plum Tomato
•2 tsps. Oregano
•2 tsps. Onion Powder
•2 tsps. Sea Salt
•1/2 tsp. Ginger Powder
•1/2 tsp. Cayenne Powder
•1/2 cup Clean Water
Directions:
1.Mix all the vegetables and seasonings together then mix them in flour.
2.Slowly add drinking water and mix properly until the mixture could be formed right into a patty.
3.In a skillet, pour oil and cook the patties on moderate heat for 3 minutes on both sides as you continue flipping until the sides are brown.
4.Serve on alkaline flatbread.
5.Serve.
Nutrition: Calories: 272 kcal; Carbs: 39g; Fat: 9g; Proteins: 7g

34. Alkaline Flatbread

Preparation Time: 5 minutes
Cooking Time: 30 minutes
Serving: 5
Ingredients:
•2 cups Spelt Flour
•2 tbsps. Grape seed Oil
•3/4 cup Clean Water
•1 tbsp. Sea Salt
•2 tsps. Oregano
•2 tsps. Basil
•2 tsps. Onion Powder
•1/4 tsp. Cayenne
Directions:
1. Mix together the flour and the seasonings until properly blended.
2. Add in the oil and 1/2 cup of the clean water into the mix.
3. Add in flour to the workspace and knead the dough for about five minutes, then divide the dough into 6 equal portions.
4. Roll out each ball into 4-inch circles.
5. Place an un-greased skillet on moderate heat.
6. Cook the rolled balls as you flip them after every 3 minutes until done.
7. Enjoy.

Nutrition: Calories: 107 kcal; Fat: 3.9g; Carbs: 1.5g; Protein: 0.001g

Dinner Recipes

35. Strawberry Daiquiri

Preparation Time: 10 Minutes
Cooking Time: 24 Minutes
Servings: 4
Ingredients
1 (10 ounce) can froze strawberry daiquiri concentrate
1 (10 ounce) can froze strawberry daiquiri concentrate
11⁄2 cups frozen strawberries
1 cup ice cube

Directions
1. Combine all ingredients in blender until all the ice is crushed.
2. Add more ice-cubes for the right texture.

Nutrition: Calories: 113 Cal Fat: 21.3 g Carbs: 5 g Fiber: 2 g, Protein: 4 g

36. Diabetic Virgin White Sangria

Preparation Time: 5 Minutes
Cooking Time: 4 Minutes
Servings: 1
Ingredients

4 cups ocean spray white cranberry juice with Splenda
2 cups fresh fruit, sliced
1 cup diet lemon-lime soda
1 lime, juice of

Directions

1. Combine ingredients except the soda in a large pitcher and chill for at least 1 hour.
2. When serving, add the soda. Serve with a pretty fruit garnish.

Nutrition: Calories: 126 Cal Fat: 21.3 g Carbs: 5 g Fiber: 2 g, Protein: 4 g

37. Wow Cola Chicken

Preparation Time: 15 Minutes
Cooking Time: 14 Minutes
Servings: 1

Ingredients

16 ounces boneless chicken breasts
1 (12 ounce) can diet cola
1 cup ketchup

Directions

1. Place chicken in crockpot and then top with ketchup and then pour cola over all.
2. Cook on low for 6-8 hours.

Nutrition

Calories: 306 Cal
Fat: 21.3 g
Carbs: 5 g
Fiber: 2 g,
Protein: 4 g

38. Yummy Berry Cooler

Preparation Time: 5 Minutes
Cooking Time: 4 Minutes
Servings: 1

Ingredients

2 2⁄3 cups cranberry-raspberry juice (I use the Splenda sweetened light version)

1 cup diet lemon-lime soda

Cool Whip

4 cherries

Directions

1. Combine first 3 ingredients.

2. Add ice if desired.

Nutrition: Calories: 106 Cal Fat: 21.3 g Carbs: 3 g Fiber: 1 g, Protein: 4 g

39. Low Carb Sweet and Sour Chicken

Preparation Time: 15 Minutes
Cooking Time: 4 Minutes
Servings: 2

Ingredients

1 -11⁄2 lb. boneless chicken, cut up
1 cup white onion (you can leave the chunks big so you can pick them out)
12 ounces diet orange soda (Diet Rite Tangerine works great)
2 tablespoons soy sauce
2 tablespoons white vinegar
1 teaspoon ground ginger
1⁄2 teaspoon garlic powder
1⁄4teaspoon cayenne pepper
Black pepper, to taste

Directions

1. Brown chicken and onions in a non-stick pan sprayed with cooking spray.
2. When chicken is brown, add the remaining ingredients.
3. Cover and simmer for about 20 minutes until the chicken is tender and thoroughly cooked.
4. Uncover and reduce liquid until it makes a syrupy sauce.
5. A little arrowroot powder may be added to thicken the sauce, if desired.

Nutrition: Calories: 106 Cal Fat: 21.3 g Carbs: 5 g Fiber: 2 g, Protein: 8 g

40. Warm Apple Delight

Preparation Time: 5 Minutes
Cooking Time: 4 Minutes
Servings: 1

Ingredients

2 red apples, cored & cut in half
1 (375 ml) canflavoured diet cola (cherry or strawberry suggested)
1 pinch Splenda sugar substitute or 1 pinch Equal sugar substitute
1 pinch cinnamon

Directions

1. Place the Apple in a baking dish, skin side down and pour the cola over.
2. Sprinkle with sweetener & cinnamon.
3. Bake in a pre-heated oven at 180.C for 25-30 minutes.

Nutrition: Calories: 156 Cal Fat: 21.3 g Carbs: 5 g Fiber: 2 g, Protein: 4 g

41. Orange Dream Cake

Preparation Time: 5 Minutes
Cooking Time: 4 Minutes
Servings: 1
Ingredients
18 1⁄4 ounces orange cake mix
10 fluid ounces diet orange soda
2 egg whites
6 ounces unsweetened orange gelatin, divided (2 packets)
1 cup of hot water
1 cup of cold water
CEILING
3 1/2 ounces fat-free, sugar-free vanilla pudding mix
1 cup of skim milk
1 teaspoon vanilla extract
8 oz Cool Whip Free, thawed

Instructions

1. Mix the sponge cake mixture, the soda and the egg white.
2. Pour into 9 x 13-inch baking pan.
3. Bake according to the instructions on the box.
4. Use a meat fork to poke holes in the top of the entire pie.
5. Let cake cool.
6. In a medium bowl, mix 1 box of orange gelatin, 1 cup of hot water, and 1 cup of cold water.
7. Pour the gelatin mixture over the cake.
8. Refrigerate for 2 to 3 hours.
9. Meanwhile, mix remaining gelatin box, vanilla pudding mix, skim milk, and vanilla. Hit well.
10. Add the whipped glaze to this mixture and spread it over the cake.
11. Refrigerate until serving.

Nutrition: Calories: 106 Cal Fat: 11.3 g Carbs: 5 g Fiber: 2 g, Protein: 9 g

42. Capriosa De Fresca

Preparation Time: 5 Minutes
Cooking Time: 7 Minutes
Servings: 1

Ingredients

11⁄2 ounces strawberry vodka (Stoli, Smirnoff, etc)

1 teaspoon sugar

7 ounces diet 7-Up

3 fresh strawberries, sliced

2 slices limes (small wedges)

Directions

1. Place the strawberries, lime wedges in the bottom of your cocktail glass. Muddle.

2. Add the strawberry vodka.

3. Add the 7-Up.

4. Gradually add the sugar (You can also add the sugar in the first step, this will make the fruit a little sweeter.

Nutrition: Calories: 216 Cal Fat: 21.3 g Carbs: 5 g Fiber: 2 g, Protein: 6 g

43. Delicious Low-Cal Smoothie

Preparation Time: 5 Minutes
Cooking Time: 4 Minutes
Servings: 1

Ingredients

1 cup frozen raspberries

11⁄2 cups frozen strawberries

1 cup pineapple

355 ml diet Sprite

Directions

1. If your pineapple isn't already chopped up, chop it into pieces so it’s easier to blend.

2. Add all fruits into a blender.

3. Add the can of sprite, add less than the whole can if you want a thicker smoothie.

4. Blend on high power until smooth.

5. Serve in your favorite glasses, either with spoons or straws.

Nutrition: Calories: 126 Cal Fat: 21.3 g Carbs: 5 g Fiber: 2 g, Protein: 4 g

44. Diabetic Mock Sangria

Preparation Time: 5 Minutes
Cooking Time: 4 Minutes
Servings: 1

Ingredients

2 cups orange juice, ice cold

1 cup unsweetened white grape juice, cold

1 cup low calorie cranberry juice cocktail

1 bottle (1 liter) lemon-lime diet soda, chilled ice cube

2 cups fresh fruit, oranges, sliced, thinly sliced, and halved or 2 cups lemons or 2 cups lemon or 2 cups pineapple chunks

Sprig of fresh mint

Directions

1. In a large bowl or jar, mix chilled orange juice, white grape juice, and cranberry juice.

2. Add lemon-lime drink; stir gently.

3. Fill each of the 10 glasses with about two-thirds of the ice.

4. Divide the fruit among the cups.

5. Pour the juice mixture into glasses and stir gently.

Nutrition: Calories: 106 Cal Fat: 21.3 g Carbs: 5 g Fiber: 2 g, Protein: 4 g

45. Berries Salad with Whipped Ricotta Cream

Preparation Time: 5 Minutes
Cooking Time: 4 Minutes
Servings: 1

Ingredients

2 cups strawberries, freshly sliced

1 cup blueberries

1⁄4 cup diet lemon-lime soda, divided

1 tablespoon fresh mint leaves, chopped

1⁄2 cup skim milk ricotta cheese

2 1⁄2 teaspoons lemon zest

2 tablespoons nonfat sour cream

Directions

1. Toss strawberries, blueberries, two tablespoons of soda, and mint together in a medium bowl; set aside for 10 minutes.

2. Meanwhile, combine ricotta, remaining two tablespoons of soda, and lemon zest in another bowl.

3. Beat with a hand mixer until light and fluffy; Add the cream.

4. Place about 3/4 cup of the berry mixture and top each serving with 1/3 cup of sour cream.

Nutrition: Calories: 119 Cal Fat: 11.3 g Carbs: 5 g Fiber: 2 g, Protein: 4 g

46. Seitan Tex-Mex Casserole

Preparation Time: 5 Minutes
Cooking Time: 35 Minutes
Servings: 4
Ingredients:
2 tbsp. vegan butter
1 ½ lb. seitan
3 tbsp. Tex-Mex seasoning
2 tbsp. chopped jalapeño peppers
½ cup crushed tomatoes
Salt and black pepper to taste
½ cup shredded vegan cheese
1 tbsp. chopped fresh green onion to garnish
1 cup sour cream for serving

Directions:

1. Melt the vegan butter in a medium skillet over medium heat and cook the seitan until brown, 10 minutes.
3. Stir in the Tex-Mex seasoning, jalapeño peppers, and tomatoes; simmer for 5 minutes and adjust the taste with salt and black pepper.
4. Transfer and level the mixture in the baking dish. Top with the vegan cheese and bake in the upper rack of the oven for or
5. Remove the dish and garnish with the green onion.
6. Serve the casserole with sour cream.

Nutrition: Calories: 464 Cal Fat: 37.8 g Carbs: 12 g Fiber: 2 g Protein: 24 g

47. Mushroom, Spinach and Turmeric Frittata

Preparation Time: 10 minutes
Cooking Time: 40 minutes
Servings: 6
Ingredients:
½ tsp. pepper
½ tsp. salt
1 tsp. turmeric
5-oz firm tofu
4 large eggs
6 large egg whites
¼ cup water
1 lb. fresh spinach
6 cloves freshly chopped garlic
1 large onion, chopped
1 lb. button mushrooms, sliced
Directions:
1. Grease a 10-inch nonstick and ovenproof skillet and preheat oven to 350oF.
2. Place skillet on medium-high fire and add mushrooms. Cook until golden brown.
4. Add garlic, sauté for 30 seconds.
5. Add water and spinach, cook, while covered until spinach is wilted, around 2 minutes.
6. In a blender, puree pepper, salt, turmeric, tofu, eggs, and egg whites until smooth. Pour into skillet once the liquid is fully evaporated.
8. Pop skillet into oven and bake until the center is set around 25-30 minutes.
9. Remove the skillet from the oven and let it stand for ten minutes before inverting and transferring to a serving plate.
10. Cut into six equal wedges, serve and enjoy.
Nutrition: Calories 358 Fat 6g Carbs 65g Protein 21g Fiber 12g

48. Roasted Root Vegetables

Preparation time: 10 minutes
Cooking time: 1 hour and 30 minutes
Servings: 6
Ingredients:
2 tbsp. olive oil
1 head garlic, cloves separated and peeled
1 large turnip, peeled and cut into ½-inch pieces
1 medium-sized red onion, cut into ½-inch pieces
1 ½ lbs. beets, trimmed but not peeled, scrubbed and cut into ½-inch pieces
1 ½ lbs. Yukon gold potatoes, unpeeled, cut into ½-inch pieces
2 ½ lbs. butternut squash, peeled, seeded, cut into ½-inch pieces
Directions:
Grease 2 rimmed and large baking sheets. Preheat oven to 425oF.
Mix all ingredients thoroughly.
Into the two baking sheets, evenly divide the root vegetables, spread in one layer.
Season generously with pepper and salt.
Pop into the oven and roast until golden brown and tender.
Remove from the oven for at least 15 minutes before serving.
Nutrition: Calories 278 Fat 5g Carbs 57g Protein 6g Fiber 10g

49. Tropical Fruit Parfait

Preparation Time: 10 minutes
Cooking Time: 10 minutes
Servings: 1
Ingredients:
1 tbsp. toasted sliced almonds
¼ cup plain soy yogurt
½ cup of fruit combination cut into ½-inch cubes (pineapple, mango and kiwi)
Directions:
Prepare fresh fruit by peeling and slicing into ½-inch cubes.
Place cubed fruit in a bowl and top with a dollop of soy yogurt.
Garnish with sliced almonds and if desired, refrigerate for an hour before serving.

Nutrition: Calories 119 Fat 2g Carbs 25g Protein 2g Fiber 1g

50. Cinnamon Chips with Avocado-Strawberry Salsa

Preparation Time: 10 minutes
Cooking Time: 10 minutes
Servings: 6
Ingredients:
3/8 tsp. salt
2 tsp. fresh lime juice
1 tsp. minced seeded jalapeno pepper
2 tbsp. minced fresh cilantro
1 cup finely chopped strawberries
1 ½ cups finely chopped, peeled and ripe avocado
½ tsp. ground cinnamon
2 tsp. sugar
6 6-inch brown rice tortillas
2 tsp. olive oil
Directions:
1. Preheat oven to 350oF.
2. Prepare the cinnamon chips by brushing olive oil all over the brown rice tortilla.
3. Mix together cinnamon and sugar.
4. Sprinkle cinnamon-sugar mixture evenly all over each of the brown rice tortilla.
5. Cut up each tortilla into 12 wedges, evenly and place on a baking sheet. If needed you can bake tortilla in two batches.
6. Pop the tortillas into the oven until crisped, around 10 minutes. Remove from oven and keep warm.
7. Meanwhile, prepare salsa by mixing the remaining ingredients in a medium bowl. Stir to mix well.
To enjoy, dip crisped tortillas into bowl of salsa and eat or, you can spread the fruity salsa all over one tortilla chip and enjoy.

Nutrition: Calories 213 Fat 11g Carbs 25g Protein 5g Fiber 7g

51. Stir Fried Brussels sprouts and Carrots

Preparation time: 10 minutes
Cooking time: 15 minutes
Servings: 6
Ingredients:
1 tbsp. cider vinegar
1/3 cup water
1 lb. Brussels sprouts, halved lengthwise
1 lb. carrots cut diagonally into ½-inch thick lengths
3 tbsp. olive oil, divided
2 tbsp. chopped shallot
½ tsp. pepper
¾ tsp. salt
Directions:
1. On medium-high fire, place a nonstick medium fry pan and heat 2 tbsp. oil.
2. Ass shallots and cook until softened, around one to two minutes while occasionally stirring.
3. Add pepper salt, Brussels sprouts, and carrots. Stir fry until vegetables start to brown on the edges, around 3 to 4 minutes.
4. Add water, cook, and cover.
5. After 5 to 8 minutes, or when veggies are already soft, add remaining butter.
6. If needed, season with more pepper and salt to taste.
7. Turn off fire, transfer to a platter, serve and enjoy.
Nutrition: Calories 98 Fat 4g Carbs 14g Protein 3g Fiber 5g

52. Curried Veggies and Poached Eggs

Preparation Time: 10 minutes
Cooking Time: 50 minutes
Servings: 4
Ingredients:
4 large eggs
½ tsp. white vinegar
1/8 tsp. crushed red pepper – optional
1 cup water
1 14-oz can chickpeas, drained
2 medium zucchinis, diced
½ lb. sliced button mushrooms
1 tbsp. yellow curry powder
2 cloves garlic, minced
1 large onion, chopped
2 tsp. extra virgin olive oil
Directions:
1. On medium high fire, place a large saucepan and heat oil.
2. Sauté onions until tender around four to five minutes.
3. Add garlic and salt for another half minute.
4. Add curry powder, stir and cook until fragrant around one to two minutes.
5. Add mushrooms, mix, cover and cook for 5 to 8 minutes or until mushrooms are tender and have released their liquid.
6. Add red pepper if using, water, chickpeas and zucchini. Mix well to combine and bring to a boil.
7. Once boiling, reduce fire to a simmer, cover, and cook until zucchini is tender around 15 to 20 minutes of simmering.
8. Meanwhile, in a small pot filled with 3-inches deep of water, bring to a boil on a high fire.
9. Once boiling, reduce fire to a simmer and add vinegar.
10. Slowly add one egg, slipping it gently into the water. Allow to simmer until egg is cooked, around 3 to 5 minutes.
11. Remove egg with a slotted spoon and transfer to a plate, one plate one egg.

12. Repeat the process with remaining eggs.
13. Once the veggies are done cooking, divide evenly into 4 servings and place one serving per plate of egg.
14. Serve and enjoy.

Nutrition: Calories 254 Fat 9g Carbs 30g Protein 16g Fiber 9g

53. Braised Kale

Preparation Time: 10minutes
Cooking Time: 15 minutes
Servings 3
Ingredients:
2 to 3 tbsp. water
1 tbsp. coconut oil
½ sliced red pepper
2 stalk celery (sliced to ¼-inch thick)
5 cups of chopped kale
Directions:
Heat a pan over medium heat.
Add coconut oil and sauté the celery for at least five minutes.
Add the kale and red pepper.
Add a tablespoon of water.
Let the vegetables wilt for a few minutes. Add a tablespoon of water if the kale starts to stick to the pan.
Serve warm.
Nutrition: Calories 61 Fat 5g Carbs 3g Protein 1g Fiber 1g,

54. Braised Leeks, Cauliflower and Artichoke Hearts

Preparation Time: 10 minutes
Cooking Time: 10 minutes
Servings 4
Ingredients:
2 tbsp. coconut oil
2 garlic cloves, chopped
1 ½ cup artichoke hearts
1 ½ cups chopped leeks
1 ½ cups cauliflower flowerets
Directions:
1. Heat oil in a skillet over medium-high heat.
2. Add the garlic and sauté for one minute. Add the vegetables and constantly stir until the vegetables are cooked.
3. Serve with roasted chicken, fish or pork.
Nutrition: Calories 111 Fat 7g Carbs 12g Protein 3g Fiber 4g

55. Celery Root Hash Browns

Preparation Time: 10 minutes
Cooking Time: 10 minutes
Servings 4
Ingredients:
4 tbsp. coconut oil
½ tsp. sea salt
2 to 3 medium celery roots
Directions:
1. Scrub the celery root clean and peel it using a vegetable peeler.
2. Grate the celery root in a food processor or a manual grater.
3. In a skillet, add oil and heat it over medium heat.
4. Place the grated celery root on the skillet and sprinkle with salt.
5. Let it cook for 10 minutes on each side or until the grated celery turns brown.
6. Serve warm.

Nutrition: Calories 160 Fat 14g Carbs 10g Protein 1.5g Fiber 3g

56. Magic Green Falafels

Ingredients:

- One large onion, chopped
- 1 tsp. sea salt
- 2/3 cup fresh basil
- 1/2 cup fresh dill
- 2 cups dry garbanzo beans (chickpeas)
- 1/4 tsp. oregano
- 1/3 cup red bell pepper, chopped
- Grapeseed or avocado oil for frying
- 1/2 cup garbanzo bean flour

Instructions:

1. To make your Magic Green Falafels, start with cooking the chickpeas until they are soft. Drain the beans and rinse.
2. Place the chickpeas and all the other ingredients in a food processor: onion, red bell pepper, fresh herbs, sea salt, oregano, and flour.
3. Pulse until all the ingredients are thinly chopped and form a coarse meal. Scrape the sides down and pump again until the texture looks like a fine meal. Taste the seasonings and adjust if necessary.
4. Move the mixture into a large saucepan. Shape small balls or thick disks using your hands, and put them on a put lined with parchment paper—Chilla total of 1 hour in the refrigerator.
5. Fill a large skillet with oil; you want an approximate depth of 1 inch. Heat for about 5-7 minutes, over medium heat—Fry the Magic Green Falafels for 2-3 minutes per side, when the oil is hot.

57. Zucchini Pasta with Avocado Sauce

Preparations Time: 10 minutes
Cooking Time: 10 minutes
Servings 1
Ingredients:
A squeeze of lemon juice
Salt and pepper to taste
1 tbsp. coconut milk
½ ripe avocado
1 medium zucchini cut into noodles
2 tbsp. olive oil
Directions:
Heat the oil in a skillet over medium heat and add the zucchini noodles. Sauté for three minutes or until the noodles have softened.
While the zucchini is cooking, mash the avocado together with the coconut milk, lemon juice, and salt and pepper.
Add the sauce to the zucchini noodles and sauté. Serve warm.

Nutrition: Calories 471 Fat 43g Carbs 23g Protein 6g Fiber 9g

58. Zucchini Garlic Fries

Preparation Time: 10 minutes
Cooking Time: 20 minutes
Servings 6
Ingredients:
¼ teaspoon garlic powder
½ cup almond flour
2 large egg whites, beaten
3 medium zucchinis, sliced into fry sticks
Salt and pepper to taste
Directions:
Preheat oven to 400oF.
Mix all ingredients until the zucchini fries are well coated.
Place fries on cookie sheet and spread evenly.
Put in oven and cook for 20 minutes.
Halfway through cooking time, stir fries.

Nutrition: Calories 11 Fat 0.1g, Carbs 1g Protein1.5 g Fiber 0.5g

59. Avocado Coconut Pie

Preparation Time: 30 Minutes
Cooking Time: 50 Minutes
Servings: 4

Ingredients:

For the piecrust:
1 tbsp. flax seed powder + 3 tbsp. water
4 tbsp. coconut flour
4 tbsp. chia seeds
¾ cup almond flour
1 tbsp. psyllium husk powder
1 tsp. baking powder
1 pinch salt
3 tbsp. coconut oil
4 tbsp. water
For the filling:
2 ripe avocados
1 cup vegan mayonnaise
3 tbsp. flax seed powder + 9 tbsp. water
2 tbsp. fresh parsley, finely chopped
1 jalapeno, finely chopped
½ tsp. onion powder
¼ tsp. salt
½ cup cashew cream
1¼ cups shredded tofu cheese

Directions:

In 2 separate bowls, mix the different portions of flax seed powder with the respective quantity of water. Allow absorbing for 5 minutes.
Preheat the oven to 350 F.
In a food processor, add the coconut flour, chia seeds, almond flour, psyllium husk powder, baking powder, salt, coconut oil, water, and the smaller portion of the flax egg. Blend the ingredients until the resulting dough forms into a ball.

Line a spring form pan with about 12-inch diameter of parchment paper and spread the dough in the pan.
Meanwhile, cut the avocado into halves lengthwise, remove the pit, and chop the pulp. Put in a bowl and add the mayonnaise, remaining flax egg, parsley, jalapeno, onion powder, salt, cashew cream, and tofu cheese. Combine well.
Remove the piecrust when ready and fill with the creamy mixture. Level the filling with a spatula and continue baking for 35 minutes or until lightly golden brown.
When ready, take out. Cool before slicing and serving with a baby spinach salad.

Nutrition: Calories: 680 Cal Fat: 71.8 g Carbs: 10 g Fiber: 7 g Protein: 3 g

CHAPTER 9

Smoothies and Beverages

SMOOTHIE 10-DAYS DETOX-PLANS

Days	Breakfast	Soup, Salad, & Sides	Smoothie
1	Omelet with Chickpea Flour	Coconut Watercress Soup	Energizing Ginger Detox Tonic
2	Tasty Oatmeal and Carrot Cake	Avocado Mint Soup	Fragrant Spiced Coffee
3	Onion & Mushroom Tart with a Nice Brown Rice Crust	Creamy Squash Soup	Tangy Spiced Cranberry Drink
4	Perfect Breakfast Shake	Cucumber Edamame Salad	Warm Pomegranate Punch
5	Beet Gazpacho	Best Broccoli Salad	Rich Truffle Hot Chocolate
6	Vegetable Rice	Rainbow Orzo Salad	Ultimate Mulled Wine
7	Courgette Risotto	Broccoli Pasta Salad	Pleasant Lemonade
8	Orange Dream Creamsicle	Tamari Toasted Almonds	Cantaloupe Smoothie Bowl
9	Strawberry Limeade	Nourishing Whole-Grain Porridge	Berry & Cauliflower Smoothie
10	Peanut Butter and Jelly Smoothie	Pungent Mushroom Barley Risotto	Green Mango Smoothie

60. Fruity Smoothie

Preparation Time: 10 Minutes
Cooking time: 0 minute
Servings: 1
Ingredients:
¾ cup soy yogurt
½ cup pineapple juice
1 cup pineapple chunks
1 cup raspberries, sliced
1 cup blueberries, sliced
Direction:
1. Process the ingredients in a blender.
2. Chill before serving.
Nutrition: Calories 279, Total Fat 2 g, Saturated Fat 0 g Cholesterol 4 mg, Sodium 149 mg, Total Carbohydrate 56 g Dietary Fiber 7 g, Protein 12 g,

61. Energizing Ginger Detox Tonic

Preparation Time: 15 minutes
Cooking Time: 10 minutes
Servings: 2
Ingredients:
1/2 teaspoon of grated ginger, fresh
1 small lemon slice
1/8 teaspoon of cayenne pepper
1/8 teaspoon of ground turmeric
1/8 teaspoon of ground cinnamon
1 teaspoon of maple syrup
1 teaspoon of apple cider vinegar
2 cups of boiling water
Directions:
1. Pour the boiling water into a small saucepan, add and stir the ginger, then let it rest for 8 to 10 minutes, before covering the pan.
2. Pass the mixture through a strainer and into the liquid, add the cayenne pepper, turmeric, cinnamon and stir properly.
3. Add the maple syrup, vinegar, and lemon slice.
4. Add and stir an infused lemon and serve immediately.

Nutrition: Calories:80 Cal, Carbohydrates:0g, Protein:0g, Fats:0g, Fiber:0g.

62. Warm Spiced Lemon Drink

Preparation Time: 2 hours and 10 minutes
Cooking Time: 2 hours
Servings: 12
Ingredients:
1 cinnamon stick, about 3 inches long
1/2 teaspoon of whole cloves
2 cups of coconut sugar
4 fluid of ounce pineapple juice
1/2 cup and 2 tablespoons of lemon juice
12 fluid ounce of orange juice
2 1/2 quarts of water
Directions:
1. Pour water into a 6-quarts slow cooker and stir the sugar and lemon juice properly.
2. Wrap the cinnamon, the whole cloves in cheesecloth and tie its corners with string.
3. Immerse this cheesecloth bag in the liquid present in the slow cooker and cover it with the lid.
4. Then plug in the slow cooker and let it cook on high heat setting for 2 hours or until it is heated thoroughly.
5. When done, discard the cheesecloth bag and serve the drink hot or cold.

Nutrition: Calories:15 Cal, Carbohydrates:3.2g, Protein:0.1g, Fats:0g, Fiber:0g.

63. Soothing Ginger Tea Drink

Preparation Time: 2 hours and 15 minutes
Cooking Time: 2 hours and 10 minutes
Servings: 8
Ingredients:
1 tablespoon of minced ginger root
2 tablespoons of honey
15 green tea bags
32 fluid ounce of white grape juice
2 quarts of boiling water
Directions:
1. Pour water into a 4-quarts slow cooker, immerse tea bags, cover the cooker and let stand for 10 minutes.
2. After 10 minutes, remove and discard tea bags and stir in remaining ingredients.
3. Return cover to slow cooker, then plug in and let cook at high heat setting for 2 hours or until heated through.
4. When done, strain the liquid and serve hot or cold.
Nutrition: Calories:45 Cal, Carbohydrates:12g, Protein:0g, Fats:0g, Fiber:0g.

64. Nice Spiced Cherry Cider

Preparation Time: 4 hours and 5 minutes
Cooking Time: 4 hours
Servings: 16
Ingredients:
2 cinnamon sticks
6-ounce of cherry gelatin
4 quarts of apple cider
Directions:
1. Using a 6-quarts slow cooker, pour the apple cider and add the cinnamon stick.
2. Stir, then cover the slow cooker with its lid. Plug in the cooker and let it cook for 3 hours at the high heat setting or until it is heated thoroughly.
3. Then add and stir the gelatin properly, then continue cooking for another hour.
4. When done, remove the cinnamon sticks and serve the drink hot or cold.
Nutrition: Calories:100 Cal, Carbohydrates:0g, Protein:0g, Fats:0g, Fiber:0g.

65. Fragrant Spiced Coffee

Preparation Time: 3 hours and 10 minutes
Cooking Time: 3 hours
Servings: 8
Ingredients:
1/2 teaspoons of whole cloves
1/3 cup of honey
2-ounce of chocolate syrup
1/2 teaspoon of anise extract
8 cups of brewed coffee
Directions:
1. Pour the coffee in a 4-quarts slow cooker and pour in the remaining ingredients except for cinnamon and stir properly.
2. Wrap the whole cloves in cheesecloth and tie its corners with strings.
3. Immerse this cheesecloth bag in the liquid present in the slow cooker and cover it with the lid.
4. Then plug in the slow cooker and let it cook on the low heat setting for 3 hours or until heated thoroughly.
5. When done, discard the cheesecloth bag and serve.
Nutrition: Calories:150 Cal, Carbohydrates:35g, Protein:3g, Fats:0g, Fiber:0g.

66. Tangy Spiced Cranberry Drink

Preparation Time: 3 hours and 10 minutes
Cooking Time: 3 hours
Servings: 14
Ingredients:
1 1/2 cups of coconut sugar
12 whole cloves
2 fluid ounce of lemon juice
6 fluid ounce of orange juice
32 fluid ounces of cranberry juice
8 cups of hot water
1/2 cup of Red-Hot candies
Directions:
1. Pour the water into a 6-quarts slow cooker along with the cranberry juice, orange juice, and the lemon juice.
2. Stir the sugar properly.
3. Wrap the whole cloves in a cheese cloth, tie its corners with strings, and immerse it in the liquid present inside the slow cooker.
4. Add the red-hot candies to the slow cooker and cover it with the lid.
5. Then plug in the slow cooker and let it cook on the low heat setting for 3 hours or until it is heated thoroughly.
6. When done, discard the cheesecloth bag and serve.
Nutrition: Calories:89 Cal, Carbohydrates:27g, Protein:0g, Fats:0g, Fiber:1g.

67. Warm Pomegranate Punch

Preparation time: 3 hours and 15 minutes
Cooking time: 3 hours
Servings: 10
Ingredients:
3 cinnamon sticks, each about 3 inches long
12 whole cloves
1/2 cup of coconut sugar
1/3 cup of lemon juice
32 fluid ounce of pomegranate juice
32 fluid ounce of apple juice, unsweetened
16 fluid ounce of brewed tea
Directions:
Using a 4-quart slow cooker, pour the lemon juice, pomegranate, juice apple juice, tea, and then sugar.
Wrap the whole cloves and cinnamon stick in a cheese cloth, tie its corners with a string, and immerse it in the liquid present in the slow cooker.
Then cover it with the lid, plug in the slow cooker and let it cook at the low heat setting for 3 hours or until it is heated thoroughly.
When done, discard the cheesecloth bag and serve it hot or cold.
Nutrition: Calories:253 Cal, Carbohydrates:58g, Protein:7g, Fats:2g, Fiber:3g.

68. Rich Truffle Hot Chocolate

Preparation time: 2 hours and 10 minutes
Cooking time: 2 hours
Servings: 4
Ingredients:
1/3 cup of cocoa powder, unsweetened
1/3 cup of coconut sugar
1/8 teaspoon of salt
1/8 teaspoon of ground cinnamon
1 teaspoon of vanilla extract, unsweetened
32 fluid ounce of coconut milk
Directions:
Using a 2 quarts slow cooker, add all the ingredients and stir properly.
Cover it with the lid, then plug in the slow cooker and cook it for 2 hours on the high heat setting or until it is heated thoroughly.
When done, serve right away.
Nutrition: Calories:67 Cal, Carbohydrates:13g, Protein:2g, Fats:2g, Fiber:2.3g.

69. Ultimate Mulled Wine

Preparation time: 35 minutes
Cooking time: 30 minutes
Servings: 6
Ingredients:
1 cup of cranberries, fresh
2 oranges, juiced
1 tablespoon of whole cloves
1 tablespoon of star anise
1/3 cup of honey
8 fluid ounce of apple cider
8 fluid ounce of cranberry juice
24 fluid ounce of red wine
Directions:
Using a 4 quarts slow cooker, add all the ingredients and stir properly. Cover it with the lid, then plug in the slow cooker and cook it for 30 minutes on thee high heat setting or until it gets warm thoroughly. When done, strain the wine and serve right away.
Nutrition: Calories:202 Cal, Carbohydrates:25g, Protein:0g, Fats:0g, Fiber:0g.

70. Pleasant Lemonade

Preparation time: 3 hours and 15 minutes
Cooking time: 3 hours
Servings: 10 servings
Ingredients:
Cinnamon sticks for serving
2 cups of coconut sugar
1/4 cup of honey
3 cups of lemon juice. fresh
32 fluid ounce of water
Directions:
Using a 4-quarts slow cooker, place all the ingredients except for the cinnamon sticks and stir properly.
Cover it with the lid, then plug in the slow cooker and cook it on the low heat setting or until it is heated thoroughly.
When done, stir properly and serve with the cinnamon sticks.
Nutrition: Calories:146 Cal, Carbohydrates:34g, Protein:0g, Fats:0g, Fiber:0g.

71. Pineapple, Banana & Spinach Smoothie

Preparation Time: 10 Minutes
Cooking time: 0 minute
Servings: 1
Ingredients:
½ cup almond milk
¼ cup soy yogurt
1 cup spinach
1 cup banana
1 cup pineapple chunks
1 tbsp. chia seeds
Direction:
Add all the ingredients in a blender.
Blend until smooth.
Chill in the refrigerator before serving.
Nutrition: Calories 297, Total Fat 6 g, Saturated Fat 1 g, Cholesterol 4 mg Sodium 145 mg, Total Carbohydrate 54 g, Dietary Fiber 10 g Protein 13 g, Total Sugars 29g, Potassium 1038 mg

72. Kale & Avocado Smoothie

Preparation Time: 10 Minutes
Cooking time: 0 minute
Servings: 1
Ingredients:
1 ripe banana
1 cup kale
1 cup almond milk
¼ avocado
1 tbsp. chia seeds
2 tsp. honey
1 cup ice cubes
Direction:
Blend all the ingredients until smooth.
Nutrition: Calories 343 Total Fat 14 g Saturated Fat 2 g Cholesterol 0 mg Sodium 199 mg Total Carbohydrate 55 g Dietary Fiber 12 g Protein 6 g Total Sugars 29 g Potassium 1051 mg

73. Coconut & Strawberry Smoothie

Preparation Time: 10 Minutes
Cooking Time: 0 minutes
Serves: 1
Calories: 278
Protein: 14 Grams
Fat: 2 Grams
Carbs: 57 Grams
Ingredients:
1 Cup Strawberries, Frozen & Thawed Slightly
1 Ripe Banana, Sliced & Frozen
½ Cup Coconut Milk, Light
½ Cup Vegan Yogurt
1 Tablespoon Chia Seeds
1 Teaspoon Lime juice, Fresh
4 Ice Cubes
Directions:
Blend all ingredients together until smooth, and serve immediately.

74. Pumpkin Chia Smoothie

Preparation Time: 5 Minutes
Cooking Time: 0 minutes
Serves: 1
Calories: 726
Protein: 5.5 Grams
Fat: 69.8 Grams
Carbs: 15 Grams
Ingredients:
3 Tablespoons Pumpkin Puree
1 Tablespoon MCT Oil
¾ Cup Coconut Milk, Full Fat
½ Avocado, Fresh
1 Teaspoon Vanilla, Pure
½ Teaspoon Pumpkin Pie Spice
Directions:
Combine all ingredients together until blended.

75. Cantaloupe Smoothie Bowl

Preparation Time: 5 Minutes
Cooking Time: 0 minutes
Serves: 2
Calories: 135
Protein: 3 Grams
Fat: 1 Gram
Carbs: 32 Grams
Ingredients:
¾ Cup carrot Juice
4 Cps Cantaloupe, Frozen & Cubed
Mellon Balls or Berries to Serve
Pinch Sea Salt
Directions:
Blend everything together until smooth.

76. Berry & Cauliflower Smoothie

Preparation Time: 10 Minutes
Cooking Time: 0 minutes
Serves: 2
Calories: 149
Protein: 3 Grams
Fat: 3 Grams
Carbs: 29 Grams
Ingredients:
1 Cup Riced Cauliflower, Frozen
1 Cup Banana, Sliced & Frozen
½ Cup Mixed Berries, Frozen
2 Cups Almond Milk, Unsweetened
2 Teaspoons Maple syrup, Pure & Optional
Directions:
Blend until mixed well.

77. Green Mango Smoothie

Preparation Time: 5 Minutes
Cooking Time: 0 minutes
Serves: 1
Calories: 417
Protein: 7.2 Grams
Fat: 2.8 Grams
Carbs: 102.8 Grams
Ingredients:
2 Cups Spinach
1-2 Cups Coconut Water
2 Mangos, Ripe, Peeled & Diced
Directions:
Blend everything together until smooth.

78. Chia Seed Smoothie

Preparation Time: 5 Minutes
Cooking Time: 0 minutes
Serves: 3
Calories: 477
Protein: 8 Grams
Fat: 29 Grams
Carbs: 57 Grams
Ingredients:
¼ Teaspoon Cinnamon
1 Tablespoon Ginger, Fresh & Grated
Pinch Cardamom
1 Tablespoon Chia Seeds
2 Medjool Dates, Pitted
1 Cup Alfalfa Sprouts
1 Cup Water
1 Banana
½ Cup Coconut Milk, Unsweetened
Directions:
Blend everything together until smooth.

79. Mango Smoothie

Preparation Time: 5 Minutes
Cooking Time: 0 minutes
Serves: 3
Calories: 376
Protein: 5 Grams
Fat: 2 Grams
Carbs: 95 Grams
Ingredients:
1 Carrot, Peeled & Chopped
1 Cup Strawberries
1 Cup Water
1 Cup Peaches, Chopped
1 Banana, Frozen & sliced
1 Cup Mango, Chopped
Directions:
Blend everything together until smooth.

CHAPTER 10

Desserts and Snacks

80. Chickpeas Salad

Preparation time: 5 minutes
Cooking time: 0 minutes
Servings: 4
Ingredients:
2 cups canned chickpeas, drained and rinsed
1 tablespoon capers, chopped
2 tablespoons lime juice
2 tablespoons olive oil
4 spring onions, chopped
1 teaspoon chili powder
1 teaspoon cumin, ground
1 tablespoon parsley, chopped
A pinch of salt and black pepper

Directions:

In a bowl, combine the chickpeas and capers and the other ingredients, toss and serve as a side salad.
Nutrition: Calories: 212 Cal Fat: 4 g Fiber: 4 g Carbs: 12 g Protein: 6 g

81. Quinoa and Beans

Preparation time: 10 minutes
Cooking time: 30 minutes
Servings: 4
Ingredients:
1 tablespoon olive oil
1 yellow onion, chopped
1 cup quinoa
½ cup canned black beans, drained and rinsed
2 cups chicken stock
2 garlic cloves, minced
Salt and black pepper to the taste
1 tablespoon cilantro, chopped

Directions:

1. Heat up a pan with the olive oil over medium heat, add the onion and the garlic and sauté for 5 minutes.
2. Add the quinoa and the other ingredients, toss,and cook over medium heat for 25 minutes.
3. Divide everything between plates and serve.

Nutrition: Calories: 212 Cal Fat: 1 g Fiber: 2 g Carbs: 2 g Protein: 1 g

82. Cucumber and Green Onions Salad

Preparation Time: 5 minutes
Cooking Time: 0
Servings: 4
Ingredients:
2 tablespoons olive oil
2 cucumbers, sliced
4 spring onions, chopped
½ cup cilantro, chopped
½ cup lemon juice
Salt and black pepper to the taste

Directions:

In a salad bowl, combine the cucumbers with the spring onions and the other ingredients, toss and serve.
Nutrition: Calories: 163 Cal Fat: 1 g Fiber: 2 g Carbs: 7 g Protein: 9 g

83. Barley and Kale

Preparation Time: 5 minutes
Cooking Time: 0 minutes
Servings: 4
Ingredients:
2 cups barley, cooked
1 cup baby kale
2 tablespoons almonds, chopped
2 tablespoons balsamic vinegar
1 tablespoon olive oil
1 tablespoon cilantro, chopped

Directions:

In a bowl, mix the barley with the kale, the almonds and the other ingredients, toss and serve as a side dish.
Nutrition: Calories: 175 Cal Fat: 3 g Fiber: 3 g Carbs: 5 g Protein: 6 g

84. Fancy Coconut Date Bars for a Lovely Evening

Preparation Time: 10 Minutes
Cooking Time: 30 Minutes
Servings: 4

Ingredients:

1/3 cup of slivered almonds
½ a cup coconut, flaked
10 dates, pitted
¼ cup of cashews
1 teaspoon of coconut oil

Directions:

1. Take a food processor and ad the almonds, blend them
2. Add dates and pulse until mixed well
3. Add coconut oil and cashews until the mix is thick and sticks together
4. Transfer the mixture to a wax paper and form nice squares
5. Fold up the sides of the waxed-on top
6. serve and Enjoy!

Nutrition: Calories: 154 Cal Fats: 0 g Carbs: 39 g Protein: 0.1 g

85. Vegan Coconut Whipped Cream

Preparation Time: 8 Hours 10 Minutes

Cooking Time: 0

Servings: 6

Ingredients

1 can of unsweetened coconut milk
2 tablespoons of white sugar
1 teaspoon of pure vanilla extract

Directions:

1. Place the can of coconut in your fridge and allow it to chill for 8 hours
2. Make sure to chill a metal bowl and beats in your fridge for about 1 hour prior to preparing the whip
3. Open up your coconut milk can and scoop out the coconut cream solids into your metal bowl
4. Keep the liquids for later use
5. Beat the cream using a mixer on medium speed
6. Set the speed on HIGH and beat for 7-8 minutes until stiff peaks form
7. Add sugar, vanilla extract to the coconut cream and beat for 1 minute more
8. Give it a taste and add more sugar if needed

Enjoy with cakes of muffins!

Nutrition: Calories: 11 Cal Fats: 0 g Carbs: 2.4 g Protein: 0 g

86. Tharp She’ Salts Peanut Butter Cookies

Preparation Time: 15 Minutes
Cooking Time: 0
Servings: 9
Ingredients
1 cup of raw almonds
½ a cup of peanut butter (creamy and unsalted)
1 cup of pitted Mejdool dates
1 and a ¼ teaspoon of vanilla extract
Sea salt as needed
Directions:
1. Take a food processor and add almonds, peanut butter, vanilla, dates and blend the whole mixture until a dough like texture comes (should take a few minutes)
2. Add some more peanut butter if you want a stickier dough
3. Form balls using the dough and press down using fork to create a crass cross pattern
4. Sprinkle salt generously
5. Serve instantly or allow it to chill for crunchiness
Nutrition: Calories: 350 Cal Fat: 17 g Carbs: 27 g Protein: 18 g

87. A Snowy “Frozen” Salad Bowl

Preparation Time: 75 Minutes
Cooking Time: 0
Servings: 3
Ingredients:
½ a cup of white sugar
2 cups of water
1 can of 20-ounce frozen orange juice concentrate (thawed)
1 can of 20-ounce frozen lemonade concentrated (thawed)
4 bananas, sliced
1 can have crushed pineapple (with juice)
1 pack of strawberries (thawed)
Directions:
1. Prepare water and sugar
2. Dissolve the sugar and add orange juice, bananas, lemonade, crushed pineapples (alongside the juice), and strawberries and give it a nice mix
3. Pour the mixture into a 9x13 inch glass pan and allow it to chill
4. Once ready to serve, let it sit for about 5 minutes at room temp and cut them out
Nutrition: Calories: 350 Cal Fats: 0.5 g Carbs: 89 g Protein: 2.5 g

88. Warm Mushroom and Orange Pepper Salad

Preparation Time: 10 Minutes
Cooking Time: 8 Minutes
Servings: 4
Ingredients:
2 tbsp. avocado oil
1 cup mixed mushrooms, chopped
2 orange bell peppers, deseeded and finely sliced
1 garlic clove, minced
2 tbsp. tamarind sauce
1 tsp. maple (sugar-free) syrup
½ tsp. hot sauce
½ tsp. fresh ginger paste
Sesame seeds to garnish

Directions:

1. Over medium fire, heat half of avocado oil in a large skillet, sauté mushroom and bell peppers until slightly softened, 5 minutes.
2. In a small bowl, whisk garlic, tamarind sauce, maple syrup, hot sauce, and ginger paste. Add mixture to vegetables and stir-fry for 2 to 3 minutes.
3. Turn heat off and dish salad. Drizzle with remaining avocado oil and garnish with sesame seeds.
4. Serve with grilled tofu.

Nutrition: Calories: 289 Cal Fat: 26.71 g Carbs: 9 g Fiber: 3.8 g Protein: 4.23 g

89. Broccoli, Kelp, and Feta Salad

Preparation Time: 15 Minutes
Cooking Time: 0
Servings: 4
Ingredients:
2 tbsp. olive oil
1 tbsp. white wine vinegar
2 tbsp. chia seeds
2 cups broccoli slaw
1 cup chopped kelp, thoroughly washed and steamed
1/3 cup chopped pecans
1/3 cup pumpkin seeds
1/3 cup blueberries
2/3 cup ricotta cheese

Directions:

Whisk olive oil, white wine vinegar, chia seeds, salt, and black pepper. Set aside.
Combine the broccoli slaw, kelp, pecans, pumpkin seeds, blueberries, and ricotta cheese.
Drizzle dressing on top, toss, and serve.
Nutrition: Calories 397 Fat 3.87g Carbs 8.4g Fiber 3.5g Protein 8.93g

90. Roasted Asparagus with Feta Cheese Salad

Preparation Time: 10 minutes
Cooking Time: 20 minutes
Serving: 4
Ingredients:
1 lb. asparagus, trimmed and halved
2 tbsp. olive oil
½ tsp. dried basil
½ tsp. dried oregano
½ tsp. hemp seeds
1 tbsp. maple (sugar-free) syrup
½ cup arugula
4 tbsp. crumbled feta cheese
2 tbsp. hazelnuts
1 lemon, cut into wedges

Directions:

1. Preheat oven to 350oF.
2. Pour asparagus on a baking tray, drizzle with olive oil, basil, oregano, salt, black pepper, and hemp seeds. Mix with your hands and roast in oven for 15 minutes.
3. Remove, drizzle with maple syrup, and continue cooking until slightly charred, 5 minutes.
4. Spread arugula in a salad bowl and top with asparagus. Scatter with feta cheese, hazelnuts, and serve with lemon wedges.

Nutrition: Calories: 146 Cal Fat: 12.87 g Carbs: 5.07 g Fiber: 1.6 g Protein: 4.44 g

91. Fresh Veggie Salad

Preparation Time: 20 Minutes
Cooking Time: 0
Servings: 8
Ingredients:
For Dressing:
5 tablespoons olive oil
3 tablespoons fresh lemon juice
2 tablespoons fresh mint leaves, chopped finely
1 teaspoon Erythritol
For Salad:
2 cups cucumbers, peeled and sliced
2 cups tomatoes, sliced
1 cup black olives
6 cups lettuce
1 cup mozzarella cheese, cubed
Directions:
1. For dressing: in a bowl, add all ingredients and beat until well combined.
2. Cover and refrigerate to chill for about 1 hour.
3. For the salad: add all ingredients and mix.
4. Discharge dressing over salad and toss to coat well.
5. Serve immediately.
Nutrition: Calories: 124 Cal Fat: 11.4 g Carbs: 5.4 g Protein: 2 g

92. Strawberry Salad

Preparation Time: 15 Minutes
Cooking Time: 0
Servings: 4
Ingredients:
6 cups fresh baby greens
2 cups fresh strawberries, hulled and sliced
1 tablespoon fresh mint leaves
¼ cup olive oil
2 tablespoons fresh lemon juice
¼ teaspoon liquid stevia
1/8 teaspoon paprika
1/8 teaspoon garlic powder
Salt, to taste
Directions:
For the salad: add greens, strawberries, and mint and mix.
For dressing: in a bowl, add remaining ingredients and beat until well combined.
Discharge dressing over salad and toss to coat well.
Serve immediately.
Nutrition: Calories: 141 Cal Fat: 14.7 g Carbs: 1.8 g Protein: 2 g

93. Tex Mex Black Bean and Avocado Salad

Preparation Time: 15 Minutes
Cooking Time: 0
Servings: 2
Ingredients
14 oz. black beans, drained and rinsed
3 jars roasted red peppers, chopped
1 avocado, chopped
½ onion, chopped
1 red chili, chopped
1 lime, plus wedges to serve
Olive oil
1 teaspoon cumin seeds
2 handfuls rocket
2 pitta breads, warmed
Directions:
1. Combine beans, peppers, avocado, onion and chili in a large mixing bowl.
2. Add lime juice, cumin seeds and mix well.
3. Serve the rocket on two plates with warm pittas and divide the bean mixture.
Nutrition: Calories: 120 Cal Fat: 3 g Fiber: 5 g Carbs: 3 g Protein: 5 g

94. Lentil Fattoush Salad

Preparation Time: 10 Minutes
Cooking Time: 42 Minutes
Servings: 2
Ingredients:
⅓ cup dried green lentils
1 bag of whole wheat pita bread, cut into small pieces
2 teaspoons olive oil
2 teaspoons za'atar
4 cups loosely packed arugula
2 stalks celery, chopped
1 carrot stick, chopped
¼ small hothouse cucumber, chopped
1 small radish, thinly sliced
¼ cup dates, chopped
2 tablespoons toasted sunflower seeds
For the maple Dijon vinaigrette:
2 tablespoons olive oil
2 tablespoons balsamic vinegar
1 tablespoon Dijon mustard
1 tablespoon maple syrup
Directions:

1. Place a small pot over medium heat. Add lentils and 2/3 cup water.
2. Boil, lower the heat and bring it to a simmer for 35 minutes.
3. Preheat the oven to 425F. Line a baking sheet with parchment paper.
4. Mix pita pieces with olive oil and zaatar. Place on a baking sheet and bake for 7 minutes.
5. Mix arugula, lentils, veggies, dates, sunflower seeds and pita croutons.
6. Meanwhile in a separate bowl, mix the dressing ingredients and set aside.
7. Add the dressing and toss well before serving.

Nutrition: Calories: 154 Cal Fat: 8.4 g Fiber: 4.4 g Carbs: 4.3 g Protein: 7.1 g

95. Sweet Potato Salad

Preparation: 10 Minutes
Cooking Time: 30 Minutes
Servings: 4
Ingredients:
2 sweet potatoes, peeled and cubed
1 tablespoon olive oil
½ teaspoon each of paprika, oregano and cayenne pepper
1 shallot, diced
2 spring onions, chopped
1 small bunch chives, chopped
3 tablespoons red wine vinegar
2 teaspoons olive oil
1 tablespoon pure maple syrup
Salt and pepper
Directions:
1. Prepare a baking sheet by lining it with parchment paper.
2. Place sweet potatoes in the baking sheet.
3. Drizzle some olive oil and spices, toss well and bake for 30 minutes.
4. In a separate bowl, mix shallots, scallions, chives, vinegar, olive oil and maple syrup.
5. Add baked sweet potatoes to the dressing.
Nutrition: Calories: 162 Cal Fat: 8.0 g Fiber: 2.3 g Carbs: 6.3 g Protein: 8.1 g

96. Lentil Salad with Spinach and Pomegranate

Preparation Time: 15 Minutes
Cooking Time: 0
Servings: 3
Ingredients
For the vegan lentil salad:
3 cups brown lentils, cooked
1 avocado, cut into slices
2-3 handfuls fresh spinach
½ cup walnuts, chopped
2 apples, chopped
1 pomegranate
For the tahini orange dressing:
3 tablespoons tahini
2 tablespoons olive oil
1 clove of garlic
6 tablespoons water
4 tablespoons orange juice
2 teaspoons orange zest
Salt and pepper
Directions:
1. Prepare lentils according to package instructions.
2. Place pomegranate in a shallow bowl filled with water, cut in half and take out seeds, remove fibers floating on the water.
3. Process all dressing ingredients in a food processor. Process until smooth and set aside.
4. Place salad ingredients in a large bowl and mix well.
5. Drizzle dressing over salad before serving.
Nutrition: Calories: 104 Cal Fat: 5 g Fiber: 4 g Carbs: 3.1 g Protein: 7.1 g

97. Broccoli Salad Curry Dressing

Preparation Time: 30 Minutes
Cooking Time: 0
Servings: 6
Ingredients
½ cup plain, unsweetened vegan yogurt
¼ cup onion, chopped
2 heads broccoli florets, chopped
2 stalks celery, chopped
½ teaspoon curry powder
¼ teaspoon salt or to taste
2 tablespoons sunflower seeds
Directions:
1. Mix yogurt, curry powder, and salt.
2. Toss broccoli florets, celery onion, and sunflower seeds.
3. Drizzle the dressing on top and put the salad in the fridge for 30 minutes.
Nutrition: Calories: 153 Cal Fat: 4 g Fiber: 3 g Carbs: 2 g Protein: 9.1 g

98. Age Old Poached Pears

Preparation Time: 3 Minutes
Cooking Time: 17 Minutes
Servings: 4
Ingredients
3 semi ripe pears (preferably Barlett pears)
3 and a ½ cups of water
3 cups of granulated sugar
Rind of 1 lemon
Juice of 1 lemon
1 teaspoon of vanilla extract
2 cinnamon sticks
2 pieces of whole cloves
1 whole star anise
Directions:
1. Peel your pears and keep them on the side
2. Take a pot and add vanilla extract, water, lemon juice, sugar, lemon rind, star anise, cinnamon sticks, and cloves
3. Place it over medium heat and keep Cook until the sugar dissolves
4. Add your peas and lower down the heat to low
5. Allow it to simmer for 15-20 minutes
6. Once the pears are soft, transfer to a Tupperware with Cook liquid
7. Allow it to cool
Serve and enjoy!
Nutrition: Calories: 740 Cal Fat: 4 g Carbs: 180 g Protein: 4 g

99. A Pineapple “Sherbet” If You Please

Preparation Time: 20 Minutes
Cooking Time: 0
Servings: 4
Ingredients
1 can of 8-ounce pineapple chunks
1/3 cup of orange marmalade
¼ teaspoon of ground ginger
¼ teaspoon of vanilla extract
1 can of 11-ounce orange sections
2 cups of pineapple, lemon or lime sherbet
Directions:
1. Take a medium sized bowl and add pineapple juice, ginger, vanilla and marmalade to the bowl
3. Add pineapple chunks, drained mandarin oranges as well
4. Toss well and coat everything
5. Free them for 15 minutes and allow them to chill
6. Spoon the sherbet into 4 chilled stemmed sherbet dishes
7. Top each of them with fruit mixture
Enjoy!
Nutrition: Calories: 267 Cal Fat: 1 g Carbs: 65 g Protein: 2 g

100. Very Rough and Tough Fried Apple

Preparation Time: 10 Minutes
Cooking Time: 10 Minute
Servings: 4

Ingredients

½ a cup of vegan butter
½ a cup of white sugar
2 tablespoon of ground cinnamon
4 Granny Smith Apples, peeled, sliced and cored

Directions:

1. Take a large-sized skillet and place it over medium heat
2. Add the vegan butter and allow it to melt
3. Stir in cinnamon and sugar into the melted butter
4. Add the cut-up apples and cook them nicely for about 5-8 minutes until they break down

Enjoy!

Nutrition: Calories: 369 Cal Fat: 23 g Carbs: 44 g Protein: 1 g

CONCLUSION

Congratulations! Now you have learned 100 simple, Doctor Sebi alkaline diet recipes. That means you can surprise yourself, your family, and your friends with new, delicious dishes, snacks, salads, desserts, or smoothies.

Not only will you be eating tasty meals, you will also be helping yourself and your family to feel better and improve overall health just by eating approved Doctor Sebi food.

How great is that?

Now there is just one thing for you to do: Take action!

I know, you have most likely been in this position before. Maybe you have already tried other diets in the past, but you just can't find a suitable nutritional plan for you.

This time will be different. I promise!

Take care of yourself and live a long, healthy life!